# The Blue Bird Cook Book



Mrs. W. M. Lepton

Domestic Science Department

American Woman's Clubof Calgary

# Why Papa Loves Mama

MRS. J. CONCIDINE, OF CALGARY, EXPLAINS WHY.

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## Dedication

HIS little volume is dedicated to the American Woman's Club of Calgary, the efficient parent of The Domestic Science Department, under whose supervision it has been compiled.

¶ We thank the good cooks of the Club for the recipes so kindly supplied, and recommend it to all as a general purpose culinary reference book.

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### Menus and Suggestions for Occasions

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#### THANKSGIVING DINNER

Mrs. W. F. McNeill

Fruit Cocktail Clear Bouillon with Croutons Celery Olives Salted Nuts Roast Goose with Chestnut Dressing

Frozen Apple Sauce in Red Apple Cups Sweet Potatoes, Southern Style Mashed Potatoes Cauliflower, Hollandaise Sauce

Combination Salad with French Dressing Salted Wafers Pumpkin Fanchonnettes

Vanilla Ice Cream with Maple Syrup and Chopped Nuts Raisins Nuts Coffee

#### FROZEN APPLE SAUCE

Make apple sauce as usual, sweeten, add the grated rind and juice of 1 lemon. Cinnamon to taste and freeze like a sherbet. Polish bright red apples and scoop out the inside, sprinkle with lemon juice to keep from turning dark and fill when ready to serve.

#### PUMPKIN FANCHONNETTES

Mix 11/2 cups dry sifted pumpkin (canned pumpkin is alright) with ½ cup sugar, 1 cup rich milk (bottle top), 2 eggs slightly beaten, 2 table-spoons molasses, 2 of melted butter, ½ tablespoon ginger, 1 teaspoon cin-namon and scant ½ teaspoon salt. Pour into pastry lined tins and bake for 25 minutes. Serve with whipped cream.

#### A CHRISTMAS DINNER MENU

Mrs. T. H. Harmon

Ovster Cocktails

Salted Wafers Toasted Bread Rings Consomme Salted Almonds

Roast Stuffed Turkey, Brown Gravy Ura Cranberry Mold

Christmas Salad

English Plum Pudding (Individual) Pineapple Sherbet Christmas Holly Cakes Bon Bons Demi-tasse

#### OYSTER COCKTAIL

1 pint fresh oysters 2 tablespoons vinegar Juice of one lemon ½ cup cold tomato relish 3 tablespoons tomato catsup 1/4 teaspoon paprika A few grains cayenne pepper 1 teaspoon salt Mix above ingredients and serve in cocktail glasses.

#### TOASTED BREAD RINGS

Cut bread which is stale in 1/8-inch slices and shape with doughnut cutter. Brush each one with melted butter and sprinkle with grated cheese and season with cayenne. Bake in moderate oven to melt cheese and brown rings. Serve with consomme.

#### TURKEY STUFFING

Melt 1 cupful butter in 4 cupfuls of scalded milk, pour over 4 cupfuls of cracker crumbs seasoned with salt, pepper and poultry seasoning; then add two eggs lightly beaten.

#### CRANBERRY MOLD

1 quart cranberries 2 cups cold water

Cook well, put through sieve. To one part cranberries add one part sugar, boil a few minutes. When cool put in individual molds until ready to serve.

#### POTATO BASKETS

Select medium size potatoes of uniform size, wash, pare and scoop out some of the centres. Drop in cold water, soak ½ hour. Cook in boiling salt water 10 minutes, drain. Place in pan with turkey and brown for about 30 minutes.

#### TURNIP CUBES WITH SAUCE

Wash and pare turnips, cut in little cubes, cook in salted wated about 30 minutes.

SAUCE: Work 3 tablespoons butter until creamy, add 1 tablespoon lemon juice very slowly, then ½ teaspoon salt, ½ teaspoon pepper and ½ tablespoon chopped parsley. Mix well with turnip cubes, fill potato baskets, and serve immediately.

#### CHRISTMAS SALAD

Remove sections of grapefruit and oranges and arrange alternately on dish. Between sections put thin strips of red pepper, surround wreath with shredded lettuce and garnish center with a pickled cherry in a teaspoon of salad dressing.

#### HARD SAUCE

Cream ½ cup butter until creamy, gradually add 2 cups icing sugar, divide this mixture into three parts; color one part pink and one part chocolate. Flavor with any desirable flavoring extracts; pack in a square tin, put in a cool place and when ready to use cut in squares and garnish Christmas pudding.

#### PINEAPPLE SHERBET

1 can minced pineapple
3 cups sugar
4 quart milk
5 eggs
Juice of 2 lemons
6 tup water
7 cup water
7 cup sugar

1 pint cream

METHOD: Boil sugar and water until it forms a thick syrup, when cold add pineapple and juices lemons and oranges. Beat eggs well with one cup of sugar, add to milk and let come to boil; when cold add 1 pint cream, put in freezer and when partly frozen add juices and pineapple, freeze, then pack several hours before serving. This amount makes a gallon.

#### CARROT PICKLES (SWEET)

Boil tiny carrots of uniform size in salt water until the skin can be rubbed off, remove from fire. Place the following ingredients on the stove to boil and let boil for 30 minutes: 1 quart diluted vinegar, 3 cups granulated sugar, 2 sticks cinnamon, a few whole cloves, remove cloves, pour over carrots; let come to a boil; put in jars and seal.

#### CHRISTMAS CAKES

Bake an ordinary white cake in a large shallow pan; when cool cut in little round cakes.

ICING: White of 1 egg, beat until light, then gradually add 1 cup of icing sugar and juice of 1 lemon, add sugar until stiff enough to spread. When icing is firm enough, place a spray of holly on top of each cake cut from citron peel; use red cinnamon candies for the berries.

#### A GAME DINNER

#### Mrs. J. D. Macmillan

Grapefruit Cocktail Celery Soup Dinner Rolls French Relish Black Currant Jelly Roast Duck with Potato Dressing

Brown Gravy Mashed Potatoes Baked Squash Stuffed Tomato Salad Cheese Sticks

Prune Whip Lady Fingers

Salted Nuts Coffee

#### ST. PATRICK'S DINNER Mrs. W. F. McNeill

Cream of Celery Soup (Tinted green or sprinkled with chopped parsley) Olives Pickles Irishman's Turkey (Crown Roast of Young Pig) Jellied Apple Sauce (colored green)

Spinach, Dublin Style Mashed Potatoes

Rolls and Butter Lettuce and Cucumber Salad with Green Mayonnaise Wafers topped with Shamrocks (make of thinly sliced olives) Vanilla Ice Cream in Green Paper Cases (or Piped with Green Whipped Cream) Green Mints

Shamrock Cookies

#### SPINACH, DUBLIN STYLE

4 quarts spinach, cooked in steamer until tender. Salt, pepper, 2 tablespoons lemon juice, 4 tablespoons butter, 2 hard boiled eggs.

#### **ONE-PLATE MEAL MENUS** Mrs. C. Parnell Hickey

Table service may be much simplified during the hot weather, without lessening the pleasure of the meal while adding much to the comfort of the housekeeper.

One way of accomplishing this result, is to serve the main course directly on the dinner plates, eliminating vegetable, gravy, meat and sauce dishes. The plates may be carried directly to the dining room, or to the porch on a very hot day.

The dessert following such a dinner as one of those suggested below may be fresh fruit, with a plain cake or cookies, or some simple pudding

made earlier in the day, and served cold.

#### Number I

In the center of the plate, place a mound of mashed potato, in the centre of it, depressed with tablespoon or bottom of a cup, slip a poached egg. Two or three slices of ripe tomatoes on a lettuce leaf, and a neat heap of green peas, make an appetizing dinner.

#### Number II

An individual mould of jellied veal, new potatoes sprinkled with parsley, a mound of spinach or Swiss chard, and broiled tomatoes.

#### Number III

Meat balls, creamed new potatoes, wax beans, buttered new beets. The plates should be arranged with the beans separating the potatoes from the beets, as the latter would be liable to discolor the white sauce on the potatoes and make them look "messy."

#### Number IV

Scrambled eggs on toast, buttered green peas, new potatoes, cauliflower. The yellow of the egg, with the green of the peas, is an unusually attractive color combination.

#### Number V

On the centre of a platter pile steamed rice. Around and over it, arrange chicken, cut in pieces and stewed with the well-seasoned gravy. Around this arrange a circle of tomato slices, with sprigs of parsley arranged at intervals among them.

#### Number VI

Roast lamb placed in the centre of a large platter, and surrounded by mounds of mashed potato, hallowed in the centre, and the hollows filled with peas.

#### LUNCHEON MENU

Mrs. W. F. McNeill

Fruit Cocktail in Tall Glasses
Clear Bouillon in Cups
Olives Salted Wafers Celery
Chicken Patties Baked Potatoes
Buttered Peas and Carrots
Cabbage Salad and Salted Wafers
Apricot Tarts with Whipped Cream
Coffee

#### **BAKED POTATOES**

Bake good sized potatoes, scoop out pulp, mash through ricer, add butter, salt, pepper and a little cream. Refill potatoes, sprinkle with paprika and add a bit of butter; return to the oven to brown.

#### CARROTS AND PEAS

Slice the carrots in thin rounds and cook with the peas. Season with salt, pepper and butter.

#### CABBAGE SALAD

1 small head cabbage shredded, 4 slices pineapple, 1/4 lb. marshmallows cut fine, 1 cup blanched almonds, 1/2 cucumber.

#### DRESSING

2 eggs, 1 teaspoon salt, ½ tablespoon mustard, 1 tablespoon sugar, 3 tablespoons melted butter, ¾ cup milk, ¼ cup vinegar. Mix dressing with a little whipped cream. Mix and serve immediately.

#### APRICOT TARTS

Use Mrs. J. H. Hynd's recipe, which will be found in the Cookies and Drop Cakes Section.

### INEXPENSIVE FAMILY LUNCHEON MENUS Mrs. T. H. Harmon

#### MENU

Creamy Green Pea Soup
Rice and Cheese Escalloped Tomatoes
Celery

Mock Cherry Roly-Poly

#### CREAMY GREEN PEA SOUP

2 cupfuls dried green peas
2 tablespoons butter
2 tablespoons onion
1 tablespoon salt
1 tablespoon parsley
A dash of paprika
2 tablespoons butter
2 tablespoons flour
4 teaspoon white pepper
1 teaspoon thyme
1 cup bread croutons

Wash and soak peas for 24 hours, drain, add three quarts boiling water and let simmer for at least 4 hours or until tender. Mash through a strainer and return to fire. Put butter or drippings into a pan, add finely chopped onion, fry until tender, remove, add flour, stir until smooth, then add strained peas, salt, pepper, parsley, thyme and paprika. Serve with bread croutons or salted wafers.

#### RICE AND CHEESE

1/2 cup rice (1/4 lb.)
1 cup sweet milk
2 tablespoons flour
1 teaspoon salt
2 cup grated cheese (20z.)
1 teaspoon butter
1 teaspoon salt

1 tablespoon parsley
Wash and boil rice in 2 qts. of rapidly boiling unsalted water, boil 30 minutes, drain, sprinkle with ½ teaspoon salt, put in bowl, press firm, set in oven for a few minutes, turn out on deep plate and cover with sauce, dust with paprika and sprinkle with parsley.

To make sauce, melt butter in saucepan, add flour, mix until smooth, then add cold milk slowly and boil until thick and smooth. Remove from fire and add cheese; stir until cheese is dissolved, add teaspoon salt.

#### **ESCALLOPED TOMATOES**

2 cups tomatoes 2 cups diced bread 1 teaspoon salt Dash of paprika 2 tablespoons sugar 2 teaspoons butter

Butter dish, put in half the bread, cover with half the tomatoes, dust with salt, sugar and pepper; then put in rest of the bread and tomatoes, the seasoning and butter. Put in moderate oven and bake 15 minutes.

#### MOCK CHERRY ROLY-POLY

Sift flour, baking powder and salt into bowl, add shortening and rub in lightly; handle as little as possible. Put on floured bake board, roll out oblong ¼-inch thick. Cut cranberries into halves and raisins into small pieces and spread over the cranberries, cover with sugar and roll same as a jelly roll. Pinch edges, put in baking dish which has been brushed with butter, sprinkle top with sugar, put in moderate oven and bake 40 minutes. Serve with caramel sauce.

Any fruit may be added for the above recipe.

#### CARAMEL SAUCE

1 tablespoon sugar in saucepan, burn until dry, remove from fire and add 1 cup of cold water. Return to fire and boil until sugar dissolves, thicken with a teaspoon of dissolved cornstarch.

#### **MENU**

Cream of Tomato Soup
Buttered Halibut Escalloped Corn
Cabbage Salad
Quick Fruit Puffs

#### CREAM OF TOMATO SOUP

1 can of Campbell's Tomato Soup 1 quart milk

2 teaspoons butter 1 tablespoon flour 1 teaspoon salt Dash of pepper

1 tablespoon dried parsley

Scald milk, put tomato soup into sauce pan, place on fire, cream butter and flour, add to the tomatoes when boiling, also add seasoning. Pour hot milk over tomato mixture, but do not let boil or it will curdle. Serve immediately.

#### **BUTTERED HALIBUT**

Boil 2 lbs. halibut in the piece in salt water until tender. Remove from water, remove the bones and place on platter. Pour ½ cup hot butter over it and garnish with parsley. Serve hot,

#### ESCALLOPED CORN

2 cups corn, fresh grated or canned 2 cups whole wheat, bran or white

2 tablespoons butter bread crumbs
1 teaspoon salt % teaspoon pepper

½ cup milk

Butter a baking dish, put half bread crumbs in bottom and half corn, sprinkle with salt and pepper, add another layer of bread crumbs and rest of corn, and sprinkle top with salt and pepper. Put butter over top in little pieces, pour milk over all, sprinkle a few bread crumbs over this, place in a moderate oven and bake 30 minutes.

#### CABBAGE SALAD

1 small cabbage 1 stalk celery
3 small green onions 1 bunch radishes
1 teaspoon salt 1 teaspoon sugar.

A few grains of pepper and paprika

Chop cabbage very fine, also celery, cut up onions and dice radishes. Mix ingredients, add the seasoning. Cover with mayonnaise salad dressing, sprinkle with paprika and garnish with diced radishes and lettuce.

#### QUICK FRUIT PUFFS.

1 cup flour 2 teaspoons baking powder ½ teaspoon salt 1 teaspoon melted butter

1-3 cup sweet milk 1 egg

Sift flour, baking powder, salt into bowl, add milk and egg well beaten and mix well. Brush four custard cups with butter. Put a teaspoon batter in cup, then the jam, canned fruit or fresh fruit, then cover with remaining batter. This pudding can be either steamed or baked; if steamed 15 minutes, baked 30 minutes. Serve with cream or any flavored sauce.

#### MENUS FOR CARD PARTIES Mrs. W. F. McNeill.

Lettuce, Grapefruit, White Grape and Cherry Salad Cheese Balls Parker House Rolls Fancy Cakes Coffee

Welsh Rarebit on Toast (served from chafing dish) Olives Celery
Pineapple Sherbet Assorted Cakes
Coffee Whipped Cream

Chicken a la King Hot Shamrock Rolls Vanilla Ice Cream in cups with Maple Sauce and Chopped Nuts Assorted Cake Coffee

Tuna Salad Salted Wafers Stuffed Celery Olives Large Kisses filled with Maple Walnut Ice Cream Coffee

#### AN EASTER COMPANY BREAKFAST

Mrs. W. F. McNeill

Grapefruit in Baskets

Poached Eggs on Toast Broiled Ham Duchess Potatoes

Corn Muffins

Waffles and Jelly

#### GRAPEFRUIT IN BASKETS

Mark the grapefruit in halves crosswise, leaving a band 1 inch wide for handle, across the stem end. From the mark on one side to the mark on the other, cut the edge of the basket in points with the kitchen scissors. Separate the sections of grape fruit flavor with sugar and a bit of grape juice and return to baskets.

#### HAM AND EGGS

Toast the bread and cut in rounds a little larger than the cups in which the eggs are poached. Cut the broiled ham in sticks 1/2-inch wide and build a wall around the toast and egg, using 8 sticks for each serving. Put potatoes at side and serve from the kitchen.

#### RUSSIAN SUPPER DISH

1 cup cooked ham chopped fine ½ cup grated cheese

1 cup cabbage' chopped fine Pepper and salt 1 cup cracker crumbs Milk

½ onion, minced

Place layer of ham in baking dish, then layer of cabbage, cheese and cracker crumbs mixed with the minced onion, salt and pepper. Cover with milk or half milk and half water. Bake 1 hour or more; 15 or 20 minutes before serving pour over 1 cup of cream. Dot top with butter. Serve hot.

Mrs. A. J. Shulman

#### NEW ENGLAND CLAM CHOWDER

50 clams 8 large potatoes 1 quart tomatoes ½ lb. salt pork 4 large onions 1 quart oyster juice

Fry pork crisp and brown. Chop pork, clams, onions, potatoes and tomatoes. Strain clam juice. Put all in a kettle, including pork, cover with boiling water and cook from 1 to 2 hours. Add salt and pepper to taste.

Mrs. A. J. Shulman

#### PIGS IN BLANKETS

Fry as many slices of side bacon as there are people to serve. Keep warm, and in the bacon drippings fry the same amount of cysters. Wrap a slice of bacon around each oyster, fasten with a toothpick. Serve on rounds of toasted bread with coffee.

Mrs. C. Parnell Hickey

#### CHICKEN A LA KING

1 can mushrooms ½ bottle stuffed pimento olives 1 green pepper ½ can peas

Take the white meat of either boiled or baked chicken diced, green pepper cut in small pieces, sliced olives, add 1 pint of milk thickened with butter and flour. Serve on toast or hot biscuits.

Mrs. S. E. Thorne

#### LOBSTER A LA NEWBURG

1 slice pimento 1 can peas 34 pint milk 1 can mushrooms 1 can lobster

Put together and thicken with butter and flour. Serve on toast.

Mrs. Homer B. Wright

#### ST. VALENTINE SALAD

1 envolepe Knox Gelatine dissolved in 1 cup cold water 5 minutes. Pour over this  $1\frac{1}{2}$  cups boiling water, add  $\frac{1}{2}$  cup lemon juice and  $\frac{1}{2}$  cup sugar. When mixture begins to stiffen add 1 can diced pineapple, 2 cups chopped celery and  $\frac{1}{2}$  cup chopped almonds, a few grains of salt. Cut little red hearts from firm raspberry jello and place in bottom of molds, then fill the molds with the above salad mixture. Serve on lettuce with mayonnaise dressing.

Mrs. T. H. Harmon

#### ANGELS ON HORSEBACK

6 oysters 6 small rolls of thinly cut bacon 1 hard boiled egg Small piece of butter Salt and cayenne to taste A little minced parsley 6 rounds of fried bread

A little anchovy paste

Cut 6 rounds of bread about 2 inches in diameter and fry them a light brown. Mix hard boiled yoke of egg with anchovy paste and seasoning. Cut white of egg in 6 round rings and place on each of rounds of bread; in the center of these arrange a small crisply fried, thinly cut roll of bacon with fried oyster inside.

Mrs. L. H. Mason

#### (DEM) SHRIMP WIGGLE

4 tablespoons butter

1 teaspoon salt

5 tablespoons flour 1½ cups sweet milk Dash of pepper 1 can of either dry or wet shrimps

If wet shrimps are used, drain off liquid before using. Melt the butter, rub in the flour, add milk, salt and pepper. Cook till thickened and add the shrimps. Serve on strips of hot buttered toast with a dash of paprika or chopped parsley on top. Very delicious for afternoon teas or evening lunches.

Mrs. C. E. Fox

#### CRAB A LA NEWBURG

Make a rich cream sauce in a chafing dish of a good sized piece of butter, flour and stir in a pint of milk. It should be quite thick. Add 1 can of small peas, 1 can finely cut pimentoes, 1 can mushrooms and a good sized can of flaked crab meat. Heat altogether and serve on slices of toast or in heated patty cases. (Nice for afternoon or evening parties.)

Mrs. A. H. Mellor

#### WELSH RAREBIT

1 lb. grated cream cheese ½ pint rich milk

1 teaspoon made mustard 1 teaspoon sapsago cheese

3 teaspoons flour (blended with milk)

Put cheese and milk in double boiler; when melted add flour, stirring to keep from thickening in lumps. Add mustard and dash of cayenne pepper and sapsago cheese. Serve on rounds of toast.

Mrs. A. J. Shulman

#### BACHELOR MAID SANDWICHES

1 lb. cold boiled ham ½ cup chopped nuts

6 good sized cucumber pickles

½ dozen olives Brown and white bread.

Chop fine the ham, nuts, pickles and olives. Mix to a paste with salad dressing. Spread the prepared paste on thin slices of white bread, press a slice of brown bread and one of white together, placing a crisp leaf of lettuce between. When fresh cucumbers are in the market it is nice to use them in place of the pickles.

Mrs. B. A. Dumper

#### CHEESE CLUB SANDWICH

Butter slice of toast, place lettuce leaf on this, then a slice of tomato. Sprinkle tomato generously with grated cheese, cover with mayonnaise dressing. Cover with second slice of buttered toast and garnish with crisp bacon. Cut sandwich diagonally and serve at once. Have all things prepared for sandwich before toasting bread.

Mrs. Ernest Teagle

#### MARASCHINO SANDWICHES

Butter thin slices of whole wheat or brown bread generously and spread with the following mixture: Cream a large cream cheese with 2 tablespoons sweet cream, mix with 2 tablespoons maraschino cherries chopped finely and 2 tablespoons chopped nuts. If mixture seems dry, add a tablespoon juice from cherries. Put slices together, press gently and cut in fingers or triangles.

Mrs. Ernest Teagle

#### SANDWICH FILLING

Cream cheese and grape jam mixed together make a novel and excellent filling. Other jams may be used, but grape is best.

Mrs. J. M. Strieb

#### CALGARY MAID SANDWICHES

These are made in 3 layers; one may use brown bread for the centre if desired. In the first layer you put a mixture of 2-3 crushed walnuts and 1-3 chopped pimentoes moistened with salad dressing. The second layer is thinly sliced bananas with salad dressing, and must be prepared just before serving. The first layer can be prepared beforehand.

Mrs. Guy Armstrong

#### DATE SANDWICHES

Use buttered brown bread with a filling of equal parts of dates and cream cheese moistened with salad dressing to a spreading consistency.

Mrs. Guy Armstrong

#### LETTUCE SANDWICHES

Thinly sliced bananas, a few chopped nuts on a lettuce leaf, spread with the following dressing is very nice:

¾ cup milk ½ cup vinegar 1 tablespoon sugar 2 small tablespoons flour Small piece butter

1 teaspoon salt

Mrs. J. A. Campbell



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#### HAM SANDWICHES

Cooked ham, a layer of sliced pimento olives, spread with salad dressing, makes a nice filling.

Mrs. J. A. Campbell

#### CELERY SANDWICHES

½ cup green peppers, chopped fine, and ½ cup celery heart, chopped fine. Add mayonnaise to form a thin paste. Pimentoes, olives or parsley, chopped, may be added.

Mrs. A. E. Shore

#### TOASTED CHEESE SANDWICHES

Cream together equal parts of Kraft's pimento cream cheese and butter. Place between medium thin slices of white bread, and toast both sides just before serving. These can be made beforehand.

Mrs. C. Parnell Hickey

#### SAVORY SANDWICHES

Mince ham fine and moisten with mayonnaise; make sandwiches of slices of white bread, spread with butter and the seasoned ham, press together firmly, cut in halves, trim off the crusts, and dip in a batter of 1 egg and 1 cupful of milk seasoned with salt and pepper, brown in melted butter in a chafing dish, and serve at once.

The sandwiches may be prepared any time during the day and browned when wished.

Mrs. F. Cattnach

#### SARDINE DELIGHT

Heat Norwegian sardines in hot catsup or highly seasoned tomato sauce, and serve at once on oblongs of buttered toast.

Mrs. F. Cattnach

#### CLUB HOUSE SANDWICH

Toast squares of bread medium thin, butter lightly, spread with thinly sliced chicken breast, season with salt and pepper and a small amount of salad dressing. Put on a piece of toast and lay on this thinly sliced tomatoes, season with salt and pepper. Then another piece of toast and place on this fried bacon, then a piece of toast which is the top of the sandwich. Cut diagonally and on each sandwich place a thin slice of dill pickle, stick a toothpick through the sandwich, and on top of toothpick place an olive.

Mrs. C. Parnell Hickey

#### Hors-d'Oeuvres

#### FIRST COURSE DISHES

#### (DEM) COCKTAIL MIXTURE (Serve 6 to 8)

2 tablespoons horseradish (grated)

Juice of 2 lemons

5 drops tobasco sauce 2 tablespoons catsup

1 teaspoon salt 1 teaspoon Worcestershire sauce Put oysters, shrimps or crab in cocktail glasses and put a little of

the mixture below and over the fish.

Mrs. W. F. McNeill

#### CAVIAR CANAPE

Cut bread in rather large circles, toast. Spread thin layer of caviar, squeeze lemon over it. To the outer edge add ring of chopped egg whites. In centre place a thin slice of stuffed olive and around olive a ring of mashed egg yolks. Leave caviar showing.

Mrs. S. C. Reat

#### FRUIT COCKTAIL

2 grapefruit 1 banana 1 small orange 1 cup seeded white grapes 1/2 cup blanched almonds

Cut grapefruit and let stand in sugar all day. Two or three hours before serving, add all the fruit. Arrange fruit in glasses, then pour over the syrup formed in standing. Garnish with small spoonful whipped cream and cherry. Add pineapple if desired.

Mrs. W. F. McNeill

#### TOMATO BASKETS

Select small firm tomatoes, one to a person. Cut ½-inch strip for handle half way down centre in smooth flat side. Cut crossways in both sides to handle. Scoop out pulp. Fill with sieved hard boiled egg, caviar and minced crab meat, stirring altogether with a little mayonnaise.

Mrs. S. C. Reat

#### BALTIMORE CANAPE

Stale bread 4 eggs

½ cup milk 1 teaspoon salt

Hollow out round of stale bread, dip in mixture of eggs, milk and salt. Fry in deep fat. Serve with oyster filling.

#### OYSTER FILLING

¼ cup butter

1-3 cup flour

½ cup oyster liquor ½ cup cream

½ cup stock 2 teaspoons lemon juice

2 egg yolks

1 tablespoon grated horseradish

2 tablespoons capers ½ teaspoon salt 2 cups oysters ¼ teaspoon paprika

Melt butter, add flour, oyster liquor, soup stock, cream, lemon juice, yolks of eggs, horseradish, capers, salt, paprika and oysters which have been cooked in their own liquor till they curl.

Mrs. J. H. Rutherford

#### SARDINE CANAPE

Cut rounds of bread with cookie cutter, toast and butter. On this put two or three small sardines. Over this put grated yolk of hard boiled egg. Add sprig parsley. Serve as appetizer.

Mrs. J. H. Rutherford

#### CANTELOUPE COCKTAIL

3 canteloupes 2 bananas

1 small can sliced pineapple Fresh fruit, such as strawberries

2 oranges ¼ cup sugar

Ice above and cut up the pineapples, oranges and bananas. Put sugar with this. Cut canteloupe in halves and remove pulp. Put cut up fruit in this, and garnish with the strawberries. Makes delicious first course. This will serve six.

Mrs. J. H. Rutherford

#### SARDINE CANAPE

Cut thin strips of bread and toast slightly. When cold spread with sardines pounded to a paste, season with salt, paprika, dash of curry and a little mustard. Set a small sardine in the centre of the paste. Decorate the corners with capers or sliced olives or parsley. Chill thoroughly, and serve as a first course.

Mrs. W. F. McNeill

#### SHRIMP CANAPE

Pound  $\frac{1}{2}$  cup of shrimps to a paste, add  $\frac{1}{2}$  cup butter. Have rounds or diamonds of toast; they should be  $1\frac{1}{2}$  inches in diameter, and spread with the shrimp mixture. Then pipe a little of the mixture around the edge, a little rose in the centre. Add a caper or two.

Mrs. W. F. McNeill

#### CANAPE A LA SALON

Prepare rounds of brown bread by frying in fat or toasting. When cold spread with butter, creamed with chopped capers, olives and parsley; add a few drops of lemon juice. Set a thin slice of hard boiled egg in the centre; sprinkle with paprika and serve.

Mrs. W. F. McNeill.

#### CREAM CHEESE SANDWICHES WITH CANAPES

Mash cream cheese to a paste and fold in enough whipped cream to make a mixture that will flow through a pastry bag and tube. Spread thin bread slices with a soft cheese filling, then pipe a decoration of the first mixture over the sandwich and garnish with sliced olives, or pipe a ring of the cheese mixture on small toasted crackers.

Mrs. W. F. McNeill

#### FRUIT COCKTAIL

Slice ripe strawberries or raspberries, stoned cherries, and bananas into small glasses, add sugar to taste and strain into each glass the juice of ½ lemon. At serving time add two tablespoons shaved ice, and surround with crushed ice.

Mrs. E. E. Nott

#### MINT COCKTAIL

Cut 1 can pineapple into small cubes. Remove the pulp of 3 oranges from the membrane, and cut into small pieces. Break ¼ lb. after-dinner mints into tiny pieces and mix with fruit. Let stand 1 hour in cold place, and add shaved ice just before serving.

Mrs. E. E. Nott

#### GRAPEFRUIT COCKTAIL

3 grapefruits 3 oranges

1 dozen maraschino cherries Powdered sugar

Remove the pulp from the oranges and grapefruit, then cut each section into pieces. Add sugar to taste and set aside to chill. Serve in cocktail glasses or in the grapefruit shells. Garnish with cherries.

Mrs. J. D. Macmillan

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#### SOUPS

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#### POTATO SOUP

3 potatoes 1 onion, chopped

½ teaspoon celery salt ½ teaspoon red pepper

1 ounce butter

1 pint milk 1 teaspoon salt

½ teaspoon white pepper

½ teaspoon flour

Boil potatoes and mash, stir into the boiling milk, then add seasoning, melt the butter and mix in the flour; stir into the boiling soup, and let all boil for 5 minutes.

Mrs. S. S. Savage

#### TOMATO BISQUE

1 peck ripe tomatoes 1 large head celery ½ dozen cloves ½ cup flour

6 good sized onions Parsley, just a little ¼ cup sugar ½ cup butter

Cook together until ready to strain, put through sieve, then add sugar and salt, blend the butter and flour, thin with some of the hot tomatoes and add to the whole amount. Add a dash of red pepper. Cook all together and seal in fruit jars. Heat when ready to serve.

Mrs. B. A. Dumper

#### CANNED TOMATO SOUP

1 peck ripe tomatoes 1 dozen small onions

1 bunch celery 1 bunch parsley 6 cloves

1 bay leaf

Simmer 1 hour and strain through sieve. Mix 1 cup white sugar, 1/2 cup salt, 1/2 cup butter, 3/4 cup flour, and boil until it thickens; add scant  $\frac{1}{2}$  teaspoon cayenne, mix all together and can while very hot. When serving mix 2 cups of hot milk with 1 of soup.

Mrs. A. George

#### (DEM.) PEA SOUP

1 cup dried peas

2 cups milk or cream

2 tablespoons butter ½ teaspoon white pepper 8 cups cold water

1 onion 1 teaspoon salt

2-inch cube pickled pork

2 tablespoons flour

METHOD: Soak peas over night and drain. Add water, pork and onion diced. Simmer peas until soft, then rub through sieve. Cream butter and flour, add to peas, add salt pepper and milk. A little celery may be added if desired.

Mrs. Clyde Brown

#### BEAN SOUP—SOUTHERN STYLE

Cook a pork hock or pigs' feet weighing 3 lbs, till almost done with a quart of white beans (navy beans) which have soaked over night in cold water. (About 3 hours is the time required to cook these ingredients). Then add  $\Sigma$  coffee cups full of raw carrots diced very fine,  $\frac{1}{2}$  cup of raw onion chopped fine, and one quart of raw potatoes diced fine, salt and pepper to suit taste. Cook these all in sufficient water to have a rather heavy soup. As soon as vegetables are done, the soup is ready to serve.

Some people like the addition of a little vinegar, which may be

added after the soup is dished up.

This is an excellent dish to serve on a real cold day when one desires a good meal which will require little effort to prepare.

Mrs. A. J. Voss

#### (DEM.) CLAM CHOWDER

Cut 1/8 lb. bacon and salt pork in squares and fry in a pan until cooked. Peel and slice six good sized onions, fry in bacon fat. Dice 4 good sized potatoes and have cooking in salted water. Have heated 1 quart of milk and add the cooked bacon, onion and potatoes, also 1 or 2 cans of clams, a piece of butter, plenty of pepper and salt, and 6 or 8 crackers rolled to crumbs. A substantial meal in one dish and good to serve on a cold day.

Mrs. W. F. McNeill

#### SOUP STOCK FROM BONES OF A FOWL OR ROAST OF VEAL

Break up the bones carefully, discarding any dressing that may be attached to them. If a few bits of raw lamb (ends of chops) or veal be at hand, these will give flavor to the soup. Also, if any uncooked giblets, these will give flavor. Cover the materials to be used with cold water and let heat slowly to the boiling point, then let simmer I hour or longer if uncooked materials were added. Now add ½ onion cut in bits, ½ a small carrot cut in bits, a stalk of celery or ½ tablespoon of celery seed, sprig of parsley, 6 peppercorns and a scant teaspoon salt, and let cook nearly an hour, then strain off the froth. Set this aside in a cool place, and when cold remove the fat. This fat may be used making the thickening, if a thickened soup be desired.

Mrs. E. E. Nott

#### ASPARAGUS OR CAULIFLOWER SOUP

1 quart milk

1 tablespoon butter ½ teaspoon white pepper

1 teaspoon chopped onion Speck of cayenne

1 tablespoon flour

Scald milk and onion, melt butter, add flour, add 1 cup hot milk, and cook until thick. Add stewed asparagus or cauliflower after draining.

Mrs. James R. Scott

BEAN SOUP

Soak 1 cup beans over night, 1 tin tomatoes, 1 onion. Season with salt, pepper, sugar, soda, butter. Simmer slowly for 2 hours. Add 1 quart milk. Strain if desired.

Mrs. B. H. Armstrong

#### CREAM TOMATO SOUP

3½ tablespoons flour1 can tomatoes½ teaspoons salt, pepper¼ teaspoon soda3 tablespoons butter4 cups milk

Scald the milk, thicken with flour, mix the flour with enough cold milk to pour, stir thoroughly, and cook 10 minutes; cook the tomatoes 10 minutes, rub through a sieve, add the soda, combine mixtures, strain into a tureen over pepper, salt and butter. Salt and butter must be added last. A small piece of bay leaf or onion may be added if desired.

Mrs. C. W. Voss

#### CREAM OF ASPARAGUS SOUP

Boil a bundle of asparagus in salted water until soft (cut off tips), drain off water and add tips, 2 ozs. butter, 2 ozs. flour (mixed smoothly), and pour in hot stock and 1 pint milk; boil up and skim. Season with salt and pepper to taste, and serve very hot.

Mrs. W. Hugh Dingle

#### CORN CHOWDER

Cut 2 slices of fat salt pork in small cubes; there should be ½ cup. Fry in a saucepan until the fat is drawn out, add 1/2 onion cut fine, and fry until lightly brown. Add 3 cups boiling water, then strain over 1 cup of potatoes cut in slices which have been parboiled for 5 minutes and drained. Cook until the potatoes are tender. Add 1 can corn, 1 teaspoon salt, ½ teaspoon black pepper, 2 cups milk. Let boil 2 minutes. Serve with brown crackers.

Mrs. W. F. McNeill

#### TAPIOCA SOUP

1 onion Soup bone 1 cup tapioca 1 carrot

3 quarts water Salt and pepper

Wash well a 15c soup bone and put on in 3 quarts cold water. Add 1 cup tapioca, which has been soaked over night, 1 medium sixed onion chopped fairly fine, 1 medium carrot (chopped). Simmer for 7 hours. Before serving add salt and pepper to taste. This is a substantial soup and good for children.

Mrs. C. Parnell Hickey

#### FOUNDATION SAUCE FOR CREAM SOUPS

1 tablespoon butter 1/4 teaspoon pepper 1 tablespoon flour 1 cup milk, thin cream or white broth

This makes a thin sauce.

1/4 teaspoon salt

Mrs. E. E. Nott

#### CREAM OF TOMATO SOUP

1 cup tomato puree, 2 cups white sauce; additional seasoning if needed.

Mrs. E. E. Nott

#### CREAM OF CHICKEN SOUP

½ cup chicken puree, 2 cups chicken broth seasoned with vegetables, 1 cup thin cream sauce, 1 egg yolk, and 2 tablespoons cream.

Mrs. E. E. Nott

#### DELICATE CELERY SOUP

1 large slice onion 3 tablespoons butter 3 tablespoons flour 3 stalks celery 1 teaspoon salt 3 cups milk ½ teaspoon pepper 1 cup cream

Break the stalks of celery in pieces and pound these in a wooden bowl, add to the onion and milk and set back to cook in a double boiler for 20 minutes. In the meantime melt the butter and in it cook the flour and seasonings; add cream and stir until the sauce thickens and boils, then strain into it the celery and milk.

Mrs. E. E. Nott

#### FRUIT SOUP

3 good sized apples 1 quart cold water

Pinch nutmeg ½ cup orange juice 2 level tablespoons cornstarch

1/4 cup cold water ½ cup sugar (or sweeten to taste)

(Serves 6 persons)

Pare apples and cut in slices. Cover with water and boil until apples are tender. Strain through a sieve. There should be 1 quart of liquid. Add orange juice and sweeten to taste. Thicken with cornstarch dissolved in ¼ cup of water. Boil up. Add nutmeg. Can be served hot or cold.

2 cups of any kind of berries when in season can be substituted to

good advantage for the apples; or 1 cup of each kind of berries, like 1 of

raspberries and 1 of currants, etc.

Mrs. D. Hage

A FRENCH POTAGE

Potage of croutons is nourishing and excellent French soup. Parboil 2 turnips, 2 carrots, head of celery (cut fine) and ½ onion. Take 2 quarts of stock, add vegetables to it and simmer until it is very tender. Then make a dozen slices of hard toast, cut bread with doughnut cutter, place in frying pan with just enough soup stock to cover them and allow to stand over the fire until the pan is dry; then lift the slices carefully into your soup plates (1 slice for each plate), and pour over the soup and vegetables.

Mrs. C. Parnell Hickey



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#### LUNCHEON DISHES & ENTREES

#### (DEM.) CHILI CON CARNI

Cut 2 lbs. of round steak into small pieces and brown in fat in a hot frying pan. Add 3 or 4 tablespoons of flour and stir until brown; add a bit of garlic and a good pint of hot water. Cut into small pieces 1 can of Libby's canned tamales, which gives the real Spanish pepper flavor, or 1 teaspoon of "Grandma's Chili Pepper," and cook until tender (about 2 hours), adding hot water as needed. Salt and pepper. Serve with Spanish beans.

Mrs. W. F. McNeill

#### (DEM.) SPANISH BEANS

Put a pint of pink beans to soak over night; then boil in salted water until tender. Fry 2 good sized onions in bacon fat, and add 1/2 can tomatoes. Take 6 or 8 dry red chili peppers prepared in boiling water and 1 teaspoon of red chili powder and add to the beans, tomatoes and onions. Let boil several hours together, stirring frequently to prevent burning. Serve with chili con carni, but not in it.

Mrs. W. F. McNeill

#### MACARONI

½ box macaroni 1 onion

1 can tomatoes 3 sprigs garlic

1 lb. round steak (stringed) Cheese

Fry the onion and garlic until brown. Place in casserole a layer of macaroni, then tomatoes, onion and garlic, meat and layer of grated cheese. Pour remainder of tomatoes over the top, and bake in moderate oven two hours.

Mrs. W. J. Duffy

#### (DEM.) TOMATO RABBIT

2 tablespoons flour 34 cup tomatoes 1/8 teaspoon soda 2 tablespoons butter 1/4 lb. mild cheese 34 cup milk

Melt butter, add flour and milk, cook until it thickens. Add tomato with soda in it, lastly cheese. Serve on biscuits.

Mrs. F. D. Murchison

#### FILLING FOR PATTIES

Take 1 tin of mixed French vegetables, 1 tin French mushrooms. Make a cream sauce and pour over the vegetables and mushrooms;; heat all together and fill pattie shells.

Mrs. Claude Terwilliger

#### STUFFED ONIONS

12 small white onions 2 tablespoons butter 2 tablespoons flour ½ lb. sausage meat 1/2 cup dry bread crumbs Salt and pepper

Paprika

1 cup milk

#### STUFFED ONIONS

Peel the onions and scoop out the centres with an apple corer, reserving the bits for seasoning some other dish. Place sausage meat in the centres and cook in a steamer until almost tender, then remove to a well greased baking dish. Place between the onions any of the sausage meat left from filling the onions. Pour over all a white sauce made by cooking the butter and flour together and adding milk slowly, cooking until thick. Season with salt and pepper and paprika to taste. Cover with bread crumbs and bake until tender and brown in a hot oven.

Mrs. C. M. Moore

#### SPAGHETTI

1 pkg, spaghetti Salt

2 slices bacon (chopped) 1 tablespoon olive oil 1 onion 1 heaping teaspoon butter

Little mustard 1 quart can tomatoes

1/2 cup grated cheese Cayenne (tiny bit)

Put bacon and onion in pan and simmer 10 minutes. Add tomatoes, olive oil, butter, salt, mustard and cayenne, let simmer 45 minutes. Strain. Have spaghetti cooked in boiling water (25 minutes). Put layer of spaghetti in buttered pan and then layer of cheese, then layer of tomato dressing. Repeat with a layer of cheese on top. Bake 20 minutes.

Mrs. F. D. Murchison

#### (DEM.) RINKTUM DIDDY

1 lb. cheese 1 onion ½ can tomatoes 5 eggs ½ can milk

Large piece butter Teaspoon salt Cayenne pepper

Fry onion in butter, add cheese and when melted add milk (scalded). Cook until like rarebit, then add tomatoes, seasoning and drop the eggs in whole. When whites of eggs are set, stir lightly with a fork. Serve on bread toasted on one side only.

Mrs. W. P. Brigham

#### A LUNCHEON DISH

2 cups of grated cheese (or put 1 cup of milk through food chopper) ½ teaspoonful of salt

14 teaspoonful of mustard
1 dash of cayenne
2 teaspoonful of Salt
6 squares of buttered toast
6 poached eggs
Put the milk on to boil in a double boiler, add to it the cheese, and stir constantly until the cheese is melted; add mustard, salt and cayenne. Have ready the toast, pour enough of the cheese over each piece to cover it, put a poached egg carefully on the top of each piece, dust lightly with pepper and salt, and serve immediately.

Mrs. D. Hage

#### CHEESE TOMATOES

Make rounds of toast a bit larger than slices of tomato. On them place thick tomato slices. Sprinkle with a very little minced onion and green pepper. Add salt, a dash of cayenne, and a thick layer of grated cheese. Place on shallow pan and set under gas broiler until cheese melts and browns and the tomato is cooked.

Mrs. C. L. Greer

#### NOODLE WREATH

Two packages noodles, boiled and cooled. Four eggs, 1 cup cream, butter, salt and pepper. Bake 1 hour in angel food pan. Turn on platter. Serve with creamed chicken and peas.

Mrs. E. D. Plummer

#### STUFFED TOMATOES

1 heaping tablespoon rice 6 large ripe tomatoes 15 cents round steak (ground) Salt, pepper and butter 1 small onion

Cut caps off tomatoes, scoop out the pulp. Boil rice until tender. Mix meat, rice, minced onion and a little of the tomato pulp, seasoning and fill the shells. Place a piece of butter on top and fasten caps on with toothpicks. Bake 30 minutes.

Mrs. E. E. McMahon

#### (DEM.) EGG CROQUETTES

Boil 5 eggs ½ hour 1 cup toasted bread crumbs ½ cup cream

½ cup milk 1 teaspoon onion juice Salt and pepper

Chop eggs fine, add cream, bread crumbs and onion juice. Thicken milk with 1 tablespoon flour. Beat all together for 10 minutes and when quite stiff form into shape, roll croquettes in egg, then bread crumbs and fry in deep fat.

Mrs. E. D. Plummer

#### (DEM.) RAMEKIN FILLING

1 tablespoon of butter and 1 tablespoon flour cooked together, pepper and salt, then add 1 pint of milk, slowly stirring until thick. Add to this mixture tuna fish, shrimps, crab, chicken or any left over meat. I sometimes add a few left over peas and pimento or mushrooms. Grease ramekins, turn in the mixture, sprinkle with crumbs, a bit of butter and brown. Ramekins make an excellent luncheon or party dish, and are a splendid way to use up left overs.

Mrs. W. F. McNeill

#### BAKED BEANS

Soak 2 cups small white beans over night in cold water. In the morning drain, add fresh cold water to cover well and a level teaspoon soda. Let come to boil slowly and cook until the skins will crack when blown upon. Then pour them into a colander and let cold water run through until thoroughly chilled. Then put in either pan or crock, add 1-3 lb. fat bacon, I tablespoon molasses, salt, pepper and water to cover. Keep bacon well buried in the beans. Bake 12 hours or more in hot oven, adding water to keep them covered. During the last hour let water cook out.

Mrs. A. J. Hilliker

#### BACON AND TOMATOES EN CASSEROLE

Chop 2-3 can of tomatoes, add quantity of boiled rice, according to number to be served; season well. Then put strips of bacon across top (remove rind). Bake in moderate oven, occasionally running a knife around edge to allow bacon fat to mix through. Serve hot for luncheon.

Mrs. H. A. Benjamin

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#### CRAB MEAT WITH NOODLES

Two cans of crab meat or meat of two fresh crabs. Lightly wash the canned crab meat and set where cool for half hour. Butter casserole; put in crab meat alternatively with noodles which have been previously boiled in salt water for 15 minutes. Cover this with thick white sauce. Over the top sprinkle bread crumbs, plenty of bits of butter, salt, pepper and paprika. Bake in quick oven about 20 minutes.

If you like au gratin, add 34 cup grated cheese to the above, reserving

some to sprinkle over the top with the bread crumbs.

Mrs. J. H. Rutherford

#### CHEESE RAMEKINS

3 tablespoons melted butter ½ lb. grated cheese ½ teaspoon (scant) salt ½ teaspoon (scant) paprika 2 eggs (well beaten) 1½ cups milk

34 cup fine sort bread crumbs

Melt butter, add seasonings, crumbs and cheese, and mix thoroughly. Add the milk to the eggs and stir into the first mixture. Turn into buttered ramekins and let bake, surrounded by hot water in a moderate oven. Serve very hot.

Mrs. E. E. Nott

#### SPAGHETTI AND CHEESE

Boil spaghetti in salt water until tender (20 minutes). Drain in colander, let cold water run over it for a few seconds, drain and pour over the following sauce: ½ teaspoon salt, ½ teaspoon pepper, ½ teaspoon yellow mustard, 1 teaspoon flour. Stir up smooth with Campbell's tomato soup. Add 1 cup of finely cut cheese and put on to boil, being careful to cook very slowly to prevent cheese from becoming stringy. Pour over spaghetti, re-heat and serve.

Mrs. L. D. Benedict

#### APPLE FRITTERS

1 1-3 cups flour

2 medium sized apples. 2 teaspoons baking powder

1/4 teaspoon salt Powdered sugar

2-3 cup milk

Mix and sift dry ingredients, add milk gradually and egg (well beaten). Pare, core and cut apples into eighths, then cut eighths into slices, and stir into batter. Drop by spoonfuls and fry in deep fat. Drain on brown paper and sprinkle with powdered sugar.

Mrs. F. D. Murchison

(DEM.) MACARONI CROQUETTES

Break macaroni in small pieces and cook in boiling salted water until tender, plunge into cold water; when cold put through food chopper. Make cream sauce with grated cheese in it. Use enough cream sauce to enable you to form macaroni into shape. Form in small balls, roll in bread crumbs and fry in deep fat. Serve with either cheese sauce or tomato sauce.

Mrs. J. M. Strieb

#### CHEESE FONDUE

2 cups bread crumbs, soak in 2 cups hot milk; 1 teaspoon salt, ½ teaspoon mustard, pinch pepper, 2 tablespoons butter, ¼ lb. of cheese (grated or cut fine), 4 egg yolks. Beat all well, whip the 4 egg whites stiff and fold in. Turn into buttered pudding dish, and bake in moderate oven till firm (about ½ hour), and serve immediately. Test with knife blade like custard.

Mrs. A. G. Archibald

#### RUSSIAN PILAF

2 tablespoons butter
1 cup tomatoes
1 cup chopped meat
A little stock

2 tablespoons minced onion 1 cup cooked rice Salt and pepper

Melt butter, brown onion, add tomato, rice, meat and seasoning. Cook 10 minutes.

Mrs. H. W. Ranlett

#### ITALIAN SPAGHETTI

Put spaghetti in big kettle of boiling water (without breaking), boil 25 minutes. Fry in tablespoon of butter, 2 onions, 1 lb. ground beef and 4 slices of bacon. Pour in a little water and 1½ cups Italian sauce (tomato). When ready to serve mix with spaghetti and sprinkle with grated cheese.

Mrs. Roy Wheeler

#### (DEM.) SPANISH RICE

¼ lb. salt pork ½ cup rice Paprika

1 can tomatoes 1 medium sized onion

Cut pork into frying fan with onion, fry until done, but not brown; have boiling 2 quarts water, into which put the rice; boil 20 minutes, remove from fire and drain in a colander. Turn tomatoes into meat and onion, add drained rice, salt, pepper and dash of paprika. Serve hot.

Mrs. R. N. Walker

#### (DEM.) AMERICAN CHOP SUEY

2 packages spaghetti2 lbs. hamburger

2 cans Campbell's tomato soup

Salt and pepper (Onions if desired) 2 tablespoons butter

Brown hamburger in butter. Boil spaghetti until tender. Mix all with tomato soup and season with salt and pepper. Bake in a moderate open for ½ hour.

If onions are used, brown in the butter before the hamburger, then fry all together.

Mrs. R. H. Beavers

#### MACARONI-QUEEN STYLE

Cook ¾ cup macaroni (broken in inch lengths) in rapidly boiling salted water until tender, drain and rinse in cold water. Scald 1¼ cups cream, stir in 1 cup grated cheese, continuing the stirring until cheese is melttd and whole is smooth. Add ¼ teaspoon salt, 1 tablespoon butter, and macaroni. Lift with fork until mixed through. Set in oven in shallow baking dish. When done have ready ¾ cup of ½ inch bread cubes made brown in a little butter in frying pan. Sprinkle over macaroni.

Mrs. G. B. Griffith

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### GLENDALE BUTTER

### (DEM.) CHILI CON CARNI

1 tin tomatoes

1 large tin Heinz red kidney beans

2 lbs. round steak

1/4 lb. suet 1/4 lb. bacon or salt pork

1 large onion

3 kernels garlic ans 1 teaspoon salt

1 rint water

2 tablespoons Gerhardt's Eagle chili

powder

Put tomatoes and beans in kettle, add steak (which must first be put through grinder and then well braized), and suet. Fry onion and garlic to a golden brown; also fry bacon or pork to a golden brown. Put the whole together with the addition of salt and chili powder, and stew slowly for 1 hour. Serve hot with either soda biscuits or brown bread.

Mrs. C. H. Harry

### (DEM.) CHEESE SOUFFLE

2 tablespoons butter 3 tablespoons flour

½ cup milk (scalded) ½ teaspoon salt Pinch cayenne 4 cup grated cheese

3 eggs

Melt butter and add flour, add milk, pepper and cheese. Remove from fire, add yolks (well beaten), cool, add the stiffly beaten whites. Bake in slow oven for 25 minutes.

Mrs. H. A. Dahners

### PEA CROQUETTES

2 cups milk, 2 tablespoons melted butter, 4 rounded tablespoons flour, 1 teaspoon salt, pepper. Cook together to make a very thick sauce. Save half a can of peas and rub the rest through a sieve and add to the white sauce. Pour into a bowl and let stand until very firm, then mould into croquettes; roll in cracker crumbs and beaten egg, and let dry well before frying in deep fat. Serve on a platter with the whole peas heated and poured around as a garnish.

Mrs. W. F. McNeill

### APPLE CROQUETTES

Pare apples and quarter. Cook as for making apple sauce. Pour off liquid, and let drain until cold. Then roll in egg and cracker crumbs, and fry as you would doughnuts. Very nice served with pork roast.

Mrs. C. J. Henderson

### **GELATINE**

1 lb. upper cut round steak 1 lb. raw ham (Shamrock)

2 eggs

1 % cup bread crumbs
1 teaspoon nutmeg

¼ teaspoon pepper 1 teaspoon salt Juice of 1 lemon Grated rind of 1 lemon

Put meat through chopper, add eggs (well beaten), and other ingredients. Pack into well greased bread pan and steam 4 hours. Cover while steaming with buttered paper.

Mrs. E. E. Nott

### STUFFED FRIED EGGS

Cook 6 or 8 eggs just below the boiling point about half an hour. Then place in cold water and when cold remove from the shells. Divide the eggs in halves (lengthwise). Press the yolks through a sieve, add 4 anchovies which have been pressed through a sieve and worked to a paste, ¼ cup soft bread crumbs, 2 tablespoons melted butter, salt and pepper to taste, and cream to make soft enough to handle. Stuff the eggs with this mixture and put halves together. Beat 1 egg and 2 tablespoons water. Have ready a cup or more of soft fine bread crumbs. Roll the egg in this mixture, and fry in deep fat. Serve with Figaro sauce.

FIGARO SAUCE

Finely chop 2 slices of onion, 2 slices of carrot, 2 thin slices of ham, ½ stalk celery, 1 sprig of parsley and a pinch of bay leaf, and cook in 3 tablespoons butter until brown. Add 2 tablespoons flour, and stir constantly until frothy. Then add 1 cup thick tomato puree. When thick, strain and set aside to cool. When ready to serve, fold it into a half cup of thick mayonnaise.

Mrs. E. E. Nott

TURNIP PIE Make ordinary biscuit dough the same as for any meat pie. Get a piece of fresh pork, streaked lean and fat, but not too fat, as it will be too rich. Line the sides of dish with crust, and put one layer of pork, season with salt and pepper, then 5 or 6 layers of turnips cubed (the yellow turnip is far the best). Use a dish 4 inches deep and fill with pork and turnips and cover with water. Be sure your dish will have plenty of juice when ready to serve. Cover with crust and bake in slow oven until turnips are thoroughly cooked.

Mrs. A. George

### BAKED EGGS

6 eggs 2 tablespoons butter 1 cup macaroni 1 tablespoon flour 1 pint canned tomatoes Salt and pepper

Break macaroni in inch lengths to the amount of 1 cupful. 20 minutes, drain in colander and let cold tap run on it for a few minutes. Melt butter, add flour, blend well, then add tomatoes and bring to boil, stirring well. Add macaroni to tomatoes, and pour all in a casserole. Drop in 6 eggs, and bake in hot oven until the whites are set.

Mrs. C. Parnell Hickey

### CHEESE CROQUETTES

To 1 cup of thick boiling cream sauce made with 2 tablespoons butter, ½ cup milk, ½ cup cream and 2 teaspoons flour, add 1 lb. of good cheese (cut in very small squares or cubes), yolks of 2 eggs, salt and cayenne pepper. Stir together on the fire for a minute or two, and then put away to cool quickly. When cool enough to handle, shape into croquettes, bread them twice in beaten egg and crumbs, and fry in very hot deep fat. Serve on a napkin. Cheese has its best food value when in a melted state. One whole cup of milk may be used instead of the cream.

Mrs. E. P. Newball

### **MEAT CAKES**

2 tablespoon butter Salt and pepper 2-3 cup milk ¼ cup stale bread crumbs 1/2 tablespoon chopped parsley or 1 cup chopped meat

onion 2 eggs Melt butter, crumbs and milk and cook 5 minutes; add meat, parsley and eggs slightly beaten. Season and turn into buttered moulds, set in pan of water and bake 20 minutes.

Mrs. H. W. Ranlett

### (DEM.) TAMALE PIE

1 lb. beef shoulder (a little fat) ½ cup pulp of red peppers

1½ dozen olives 1 dozen raisins 3 cloves or garlic Salt

Boil meat, keeping well covered with water, prepare red peppers by scraping out seeds and veins, and boiling skins in water until soft, then scrape inside off with a knife. When meat is done add pulp and other ingredients, thicken with 2 tablespoons of cornmeal, boiling about 5 minutes, then pour into crust.

### CRUST

2-3 cup fresh lard 1 pint water

1 teaspoon salt 1 large teacup cornmeal (wnite)

Put lard and water in saucepan, and when boiling add salt, stir in cornmeal slowly; when cool enough to handle spread on bottom and sides of a shallow 2-quart basin, pour in meat and spread crust over top. Bake in hot oven ½ to ¾ of an hour.

Mrs. J. M. Strieb

### SPAGHETTI

1 small package spaghetti, soak in cold water 15 minutes, then cook in salt water 20 minutes. Drain and chill. (It can be chilled by holding under tap and running cold water over it). Fry 6 slices of bacon cut in one inch squares. Remove bacon and fry 4 medium sized onions in bacon fat. When onions are tender, add 1 can tomatoes, pepper and salt. Let simmer a few minutes, and add spaghetti. Cook about 10 minutes. Bacon can then be added or placed on top of spaghetti,

Mrs. H. E. O'Neil

### SPAGHETTI WITH TOMATOES AND CHEESE

1 package spaghetti 1 can tomatoes 1/4 lb. cheese

Salt, paprika and pepper

Cook spaghetti 15 minutes in boiling salted water. Drain and add tomatoes, salt and pepper. Put grated cheese on top, sprinkle with paprika. Bake 30 minutes in moderate oven or until cheese is nicely browned.

Mrs. E. G. Hartshorn

### VENETIAN EGGS

When one is tired of meat, the following makes a tasty and satis-

fying dish:

Put 6 eggs into the top of a double boiler and beat well, add a quart of tomatoes (both juice and solid parts) or the same quantity of stewed fresh tomatoes. Mix well, then season with 1 large onion finely minced, 1 teaspoon of salt, 1 tablespoon sugar and a dash of pepper Cook over boiling water until thick, then serve on toast.

Mrs. O. N. Gilbert

### CHOP SUEY

1 pint boiled beef or chicken 2 teaspoons salt

1 pint raw diced potatoes 1 cup beef or chicken broth

1 pint tomatoes Butter size of an egg 1 pint celery ¼ teaspoon chili powder 3 large onions

Bake 1 hour with lid on and 15 minutes without.

Mrs. G. Dickie

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### BREAKFAST DISHES

"Dinner may be pleasant;
So may social tea;
But yet, methinks the breakfast
Is the best of all the three."

### (DEM.) WAFFLES

Beat the yolks of 2 eggs very light, 2 tablespoons butter softened and beaten in. Sift 2 cups flour with 2 teaspoons baking powder, little salt and 1 tablespoonful sugar, 2 cups milk. Beat all together with a Dover egg beater for 2 or 3 minutes. Just before frying, add the stiffly beaten whites of 2 eggs. "The pan may wait for the waffles, but the waffles must not wait for the pan."

Mrs. W. F. McNeill

### QUICK COFFEE CAKE

1 cup flour, 1-3 cup sugar, 3 teaspoons baking powder, ½ teaspoon salt, ½ teaspoon cinnamon. Mix all together, then add ½ cup milk and 1 beaten egg, 3 tablespoons melted butter. Spread in greased shallow pan and sprinkle over the top ¼ cup sugar and 1 teaspoon cinnamon previously mixed. Raisins may also be added to dough or just before placing in oven; thin sliced apples or peaches may be stuck on top.

Mrs. Ernest Teagle

### CORN PANCAKES

1 cup flour 1 tablespoon sugar
1 cup cornmeal 2 heaping teaspoons baking powder
1/4 teaspoon salt 1 egg (well beaten)

1 cup milk

Sift flour, cornmeal, salt, sugar and baking powder together. Add egg and milk,

Mrs. F. D. Murchison

### SPANISH OMELETTE

11/2 tablespoons chopped onion 2 eggs

2 large tomatoes

Heat generous amount of butter in frying pan, brown onions, stirring all the time. Add chopped tomatoes, cook and stir a few minutes. Break in eggs, cook, stirring.

Mrs. F. D. Murchison

#### MUFFINS

1 tablespoon butter 1 1/4 cup flour

1 tablespoon sugar 1 teaspoon baking powder

1 egg Sa

1 cup milk

Bake in muffin tin in quick oven.

Mrs. J. Rauch

### ORANGE OMELETTE

3 eggs 2 tablespoons sugar Butter size of walnut 2 oranges

Put the eggs into a bowl and give them 12 good vigorous beats. Put the butter into a frying pan; when melted but not brown, turn the eggs into it and shake the frying pan lightly until the eggs are set, sprinkle with a little salt. Have the oranges sliced and sugared, and put over the top. Roll and turn out on a hot dish. This serves three people. It is easier to make small omelettes than one large one.

Mrs. D. Hage

### HOT CAKES

2 cups flour Butter size of egg, melted

5 tablespoons sugar

1 egg

Bake on hot griddle.

2 cups milk

1 teaspoon cream of tartar

1/2 teaspoon soda

Salt

Mrs. G. Dickie

### FRIED MUSH

Use the liquor left over from the boiling meat in head cheese recipe. Strain, let cool, remove fat, add salt, and to this add as much white cornmeal as will be required to make a stiff mush. Stir in 2 teacups of boiled pigs' liver finely broken up. Let cool, slice and fry in fat. This is a great breakfast dish used by the Southerners.

Mrs. A. J. Voss

### CORN OMELETTE

2 cups corn 1/4 cup flour

2 teaspoons salt Pepper ½ cup milk 4 eggs

Beat the yolks until light, fold in the corn, flour and seasoning. Beat the whites dry and fold in. Melt 2 tablespoons butter in omelette pan, turn in the omelette and cook until brown, turn and finish cooking. Serve with bacon strips.

Mrs. W. F. McNeill

### **TARGETS**

Boil hard as many eggs as persons to serve. While boiling make a small amount of cream sauce and toast squares of bread (the size of a sandwich loaf). When eggs are done plunge in cold water to cool, so that you can shell them right away. Keep the yolks whole, but chop the whites medium fine. Mix whites with the cream sauce and put 1 tablespoonful on each toasted square, and in the centre place and press down the whole yolk. Surround with 4 strips of fried side bacon. Serve hot as possible.

Mrs. C. Parnell Hickey

#### COFFEE ROLLS

Take 1 quart of light bread sponge and mix with 1 tablespoon butter and ½ cup sugar. Roll about ¾ inch thick, spread with butter and sprinkle with sugar and cinnamon. Cut in strips 2 inches wide and twist over and over, keeping the buttered part to the inside. Form in a ring that will fit a pie plate, let rise and bake in a quick oven. Make an icing for the top with powdered sugar and milk, and sprinkle with walnuts chopped fine.

Mrs. C. Parnell Hickey

#### SCRAMBLED EGGS

6 eggs 2 tablespoons water ½ teaspoon salt

2 tablespoons milk 2 tablespoons butter 1/4 teaspoon white pepper

Beat the eggs and other ingredients, mix thoroughly, melt the butter and pour in the mixture. Stir constantly while cooking. When soft and creamy, serve immediately.

Miss I. N. Campbell

### ORANGE TOAST

1 orange, ¼ cup sugar. Grate rind and mix with sugar, add enough juice to make it spread well. Spread on hot buttered toast and place under flame to melt the sugar. Serve at once.

Mrs. Ernest Teagle

# Producers & Consumers BUTTERMILK Fresh Churned

### 

### CINNAMON TOAST

Toast medium thick slices of bread and when just brown enough, butter lavishly. Have ready a mixture of two parts granulated sugar to one part cinnamon. Shake or sprinkle as evenly as possible. Put in warming oven for a minute or so and serve covered with a napkin to keep from cooling.

Mrs. J. W. Stokes

### (DEM.) OMELETTE

Separate 4 eggs, beat whites very lightly, then add yolks and beat again; add salt and 4 tablespoons milk, pour into buttered frying pan, cook slowly until firm. Set under flame in oven to slightly brown. Fold over and serve at once. This omelette may be varied in many ways. Add chopped parsley, grated cheese, or use strained tomato juice instead of milk. If a sweet omelette is desired, spread with jelly before serving.

Mrs. D. W. MacLeod



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### FISH AND MEAT SAUCES

"Perfection lies in quality-not in quantity." Van Dyke.

### CODFISH BALLS

1 pint fish

1 beaten egg

1 even tablespoon butter

1 quart raw potato slices

Pepper

Cook the fish and pick fine. Cook potatoes until soft, drain well, mash smooth, add butter, egg and pepper. Beat well and form into balls. Fry in deep fat and serve very hot.

Mrs. M. T. Chamberlain

### SALMON LOAF

Grate a slice of stale bread, put in a double boiler with 1 cup of milk, steam until it is a smooth paste. Pick over 1 can of salmon, removing all bones and skin, and rub the fish into shreds. To the bread add ½ cup cream, salt, dash of red pepper and salmon. Fold in 3 eggs beaten very light. Pour into a buttered mould and set in pan of water. Bake until firm. Serve with Hollandaise sauce.

### HOLLANDAISE SAUCE

Rub  $\frac{1}{2}$  cup butter to a cream, add the yolks of 2 eggs and beat well; stir in the juice of  $\frac{1}{2}$  lemon,  $\frac{1}{2}$  teaspoon salt, dash of cayenne pepper. When ready to serve, add  $\frac{1}{2}$  cup boiling water, set in pan of boiling water and cook until thick as custard, stirring all the time. This is nice served with any fish.

Mrs. D. W. MacLeod

### SALMON LOAF

1 can salmon 1 tablespoon butter 2 eggs, lightly beaten Salt and Pepper

1-3 cup crumbs, bread or cracker 1 teaspoon chopped celery or celery salt (if desired) 1 teaspoon lemon juice

4 tablespoons milk or cream

Bake in moderate oven 40 minutes.

Mrs. H. L. Freeland

### SALMON PUFFS

1 can salmon, 1 tablespoonful of butter, 1 tablespoonful of lemon juice, ½ cup of bread crumbs, 3 well beaten eggs, salt and pepper. Place mixture in ramekins and bake for 15 minutes in a slow oven. When ready to serve, pour cream dressing over the top, sprinkled with chopped parsley.

Mrs. C. J. Henderson

### CREAMED COD

2 cups cooked cod. Cream sauce:  $1\frac{1}{2}$  cups skim milk,  $1\frac{1}{2}$  tablespoons butter,  $1\frac{1}{2}$  tablespoons flour, 1 teaspoon salt, cayenne, chopped parsley, onion juice. Arrange alternate layers of flaked fish and sauce in baking dish. Cover with butter and crumbs and brown in oven.

Mrs. M. N. Deming

### Producers and Consumers Nursery Milk Makes Better Babies. Phone L1644

### DEVILED CRAB

Remove the meat from a crab, and clean and wash the shell.

5 tablespoons cracker crumbs 1 tablespoon mustard

½ cup milk

2 eggs

2 tablespoons butter 1 tablespoon vinegar Salt and pepper to taste

1 teaspoon Worcester sauce

Beat the eggs and add to the crab meat with all the other ingredients except the mustard and milk, which should be rubbed to a paste and added last of all. Fill the crab shells, sprinkle with cracker crumbs, butter and paprika, and bake for 5 or 10 minutes. Serve in the shell.

Mrs. W. F. McNeill

### LOBSTER CROQUETTES

Mash 1 large can of lobster. Make a paste of bread crumbs and cream or milk, little melted butter, juice of a lemon, salt and pepper. Mix with the lobster and cook. Add 1 egg yolk unbeaten, stir well and remove from fire. When cold roll into croquettes. Dip in egg white and crumbs, and fry in deep fat.

Mrs. W. F. McNeill

### FINNAN HADDIE DELMONICO

1 lb. fillets finnan haddie ½ dozen new potatoes

1 cup green peas 2 hard boiled eggs

Cook finnan haddie well, cook potatoes and peas separately. Cream the fish. Lay peas in middle of the platter and the potatoes around it. Pour the fish over the whole. Cut the eggs in rings and garnish the edge of the platter; dash a little red pepper over, and lay on a few small bits of pimento.

Mrs. Homer B. Wright ....

### SCALLOPED OYSTERS

1 pint oysters

2 cups white sauce

2 cups cracker crumbs

White sauce: 2 tablespoons butter, melted; 2 cups milk, 4 tablespoons flour, seasoning.

Mrs. Claude Terwilliger

### OYSTER PIE

Line a shallow baking dish with a thick crust of pastry. Put in a layer of oysters, seasoned with salt and pepper. Add a sprinkle of flour and bits of butter, then another layer of osysters, putting more flour on the top layer. Pour over all the liquor from the oysters. Cover with top crust, and bake 1 hour or until sure oysters are cooked.

Miss I. N. Campbell

### CORRECT SAUCES FOR MEATS, ETC.

Roast Beef-Grated horseradsh.

Roast Veal-Tomato sauce or horseradish sauce.

Roast Pork-Apple sauce.

Roast Mutton-Current jelly and caper sauce.

Roast Lamb-Mint sauce.

Roast Turkey-Cranberry jelly.

Roast Venison—Black currant jelly. Roast Goose-Tart apple sauce.

Roast Canvas Back-Black current jelly,

Roast Chicken—Bread sauce.
Roast Chicken—Cream gravy and corn fritters.

Corn Beef-Mustard.

Cold Boiled Fish-Sauce piquante.

Broiled Fresh Mackerel-Stewed gooseberries.

Fresh Salmon-Cream sauce and green peas.

### SAUCE TARTARE

½ teaspoon mustard ½ teaspoon salt Dash of cayenne 1 egg yolk 1-3 cup of oil

1 1/2 tablespoons vinegar or lemon 1 teaspoon chopped sweet pickles 1 teaspoon chopped olives

1 teaspoon chopped parsley 1 teaspoon chopped onion

Mix well mustard, salt and cavenne in a bowl, set in ice water. Add yolk of egg and gradually beat in the oil, thin with vinegar or lemon and just before serving, add seasoning ingredients (pickles, olives, parsley and onion).

Mrs. George C. Hall

### DELMONICA SAUCE

1 lb. tart apples 1 lb. tomatoes 1 lb. sugar ½ lb. ground ginger 2 ounces garlic

1 lb. raisins 1 lb. salt ½ lb. red peppers 4 ounces onions

Pare and core apples, pound all together and add 4 quarts pickling vinegar; place in a jar and let it remain near the stove for 4 weeks, stirring every day; then boil 20 minutes, strain through a colarder and bottle.

Mrs. J. H. Lavender

### CREAM OF HORSERADISH SAUCE

Add to 6 tablespoons of grated horseradish the yolk of 1 egg and ½ teaspoon salt; mix thoroughly, add 1 teaspoon of good vinegar, and then fold in carefully ¼ cupful of cream whipped to a stiff froth. If the horseradish is already in vinegar, omit the tablespoonful and press the horseradish until dry. This is one of the nicest sauces to serve with cold roast beef, mutton or with corned beef.

Mrs. L. D. Benedict

### TOMATO SAUCE

Cook 1/2 can tomatoes, 1 slice onion, 1 bay leaf and 1 sprig parsley together for 10 minutes, strain. Melt 1 tablespoon butter, add 1 tablespoon flour, pour on slowly the strained tomato, season with salt and pepper.

Mrs. J. M. Strieb

### CREOLE SAUCE

2 tablespoons butter

4 sliced mushrooms

2 tablespoons chopped onion 2 tablespoons flour 1/4 cup sherry or stock 2 chopped green peppers 1 cup tomato pulp

Melt butter and fry 5 minutes with mushrooms, onion and peppers. Remove vegetables and brown flour in butter. Add tomato pulp and sherry. Beat until smooth, season with salt and pepper. Let simmer 10 minutes. Serve with meat or fish.

Mrs. L. C. Greer

### (DEM.) CRANBERRY JELLY

Boil 1 quart of cranberries and 1 cup of water; should boil hard. Five minutes after boiling begins put the berries through a sieve, add 2 cups of sugar, stir well and put into a mould or individual moulds. I heat the mixture after straining, but it will not jell if the juice boils after the sugar is added, or if put into tin moulds.

Mrs. W. F. McNeill CAPER SAUCE

Melt 2 tablespoons butter in a saucepan, stir in 2 level tablespoons flour, then add 1 pint hot water, stirring rapidly while it boils and thickens. Add a little salt, dash of white pepper and 3 tablespoons capers. Serve with boiled fish, boiled mutton and lamb. Mrs. C. E. Fox

### EGG SAUCE

Chop 2 hard boiled eggs quite fine. Chop the white and yolk separately, and stir into a white sauce before serving. This is used for boiled or steamed fish, also vegetables.

Mrs. C. E. Fox MINT SAUCE

Mix 1 tablespoon white sugar with ½ cup good vinegar, add 2 tablespoons of mint chopped fine. Let stand 1 hour in cool place before serving. Serve with roast lamb or mutton.

### Mrs. C. E. Fox FRENCH MUSTARD

1 dessert spoon mustard, 1 tablespoon flour; mix thoroughly, add boiling water and stir until smooth. Add a little salt, 1 teaspoon sugar, butter size of a walnut, thin with vinegar.

Miss I. N. Campbell

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"Hunger is the best seasoning for meats."—Cicero.

A haunch of venison will cook in a quick oven (400 degrees Fahrenheat) 2½ to 3 hours, basting frequently. Serve rare.

To test meats, run a skewer in the fleshy part; if blood follows and is a dark red, cook longer; if the blood is mixed with juice and slightly pink, it is done.

Serve all red meats rare; white meats, well done.

All meats must go into a very hot oven at first; after they have been thoroughly seared, cool the oven and cook slowly.

In boiling meats, immerse the meat in boiling water, boil rapidly for 5 minutes and cook slowly, 20 minutes to each pound.

Oysters are done when the gills curl.

When meat is slightly tainted in warm weather, rub it over before cooking with a little vinegar and water, which will take away all unpleasant smell and taste.

To make tough meat tender, rub carbonate of soda in the day before it is cooked, and wash off before cooking.

If you boil sausages for 10 minutes before frying them, not one

will break in frying, and it otherwise greatly improves them.

If when boiling a piece of ham or bacon it is put into boiling water instead of cold, it will be found to be more quickly cooked and of a fuller flavor.

### (DEM.) DRIED BEEF WITH CREAMED MACARONI

Cook 1 cup macaroni in rapidly boiling water, salted, until tender. Drain, rinse in cold water and drain again. Remove all the white stringy portions from ¼ lb. dried beef, cover with boiling water, let heat quickly to the boiling point, then drain. Melt 3 tablespoons butter, add 3 tablespoons flour and ½ teaspoon salt, then add 1½ cups milk, and stir until boiling; add the macaroni and beef, mix thoroughly and turn into baking dish. Let stand in oven a few minutes to re-heat, then serve.

Mrs. H. J. Myer

### SPANISH STEAK

About 2 lbs. nice round steak, 1 can tomatoes, 3 or 4 medium sized potatoes, 2 medium sized onions, seasoning to taste. Brown steak on both sides, put in casserole; put layer of potatoes, then layer of onions. Pour tomatoes over all, and bake in moderate oven 1 hour.

### MEAT SOUFFLE

Mrs. G. W. Monroe

2 tablespoons butter 2 teaspoons salt 1 pint milk

2 dashes white pepper ½ cup stale bread crumbs ½ tablespoon onion juice

1 tablespoon chopped parsley 1 tablespoon lemon juice

3 eggs 2 cups chopped cold meat

2 tablespoons flour

Melt butter in a saucepan, add flour, ½ teaspoon salt, pepper, and gradually add milk, stirring constantly. When boiling add bread crumbs, parsley and onion juice. Remove from fire, add meat and yolks of 3 eggs well beaten. Then fold in the whites of eggs beaten to a stiff froth. Pour the mixture into a bake dish (buttered), and bake in a moderate oven in a dish of hot water about 30 minutes. Serve immediately. Excellent to use up left over roast meat, etc.

Mrs. L. D. Benedict

### FRENCH PORK PIE

Take 1 lb. pork steak and put through chopper with 1 small onion; season with salt and pepper, and add enough cold water to not quite cover. Let cook for 10 minutes. Make a crust, not too rich, and line deep pie tin. Put in meat and cover with a crust.

Mrs. M. Molyneaux

### (DEM.) BEEF ROLLS

1 round steak 1 pint hot water Sausage meat 1 tablespoon flour

Cut steak in oblong pieces, on each place a spoonful of sausage, roll up like jelly roll and tie. Dredge with flour, pepper and salt, and brown in salt pork fat. Put in casserole. To fat add one tablespoon flour; stir until brown. Add hot water, and beat till smooth. Season and pour over rolls. Cover and simmer in oven 2 hours.

Mrs. L. C. Greer

### VEAL CUTLETS

Rub the cutlets with pepper, salt and a little chopped chives, and broil. Serve on a bed of mashed potatoes. Pour over the cutlets a little melted butter and lemon juice.

Mrs. L. C. Greer

### PLANKED BEEFSTEAK

Wipe a porterhouse steak cut 1% inches thick, remove superfluous fat and par broil for 7 minutes. Butter a plank and arrange a border of potato close to edge, using a pastry bag. Place steak on plank, put in hot oven, bake till steak is cooked, and potatoes are browned. Dot with butter, sprinkle with salt, pepper and chopped parsley. Garnish with sauted mushrooms. Serve piping hot.

Mrs. L. H. Mason

### BAKED HAM-SOUTHERN STYLE

If ham is hard and salty, soak over night, otherwise 1 hour is sufficient. Scrape and wash well and put on in cold water to cook. After it has come to a boil it must just simmer for 4 hours, keeping it well covered with water. Let it cool over night in the water in which it boiled. In the morning remove the skin. Take one cup of brown sugar to which has been added one dessert spoon of black pepper. Rub as much of this as you can into the ham, then take over ½ cup whole cloves and stick into the sides, especially where the skin has been removed. Replace skin. Next mix flour and water to the consistency of a stiff biscuit dough, roll out and in this place the ham, wrapping dough around it, so it is completely sealed. Place in roaster (on stand) and bake in hot oven. After dough has started to bake, baste frequently with liquor in which it was boiled. Bake for 2 hours or longer. When cool remove the crust and skin and brown in quick oven. In serving (cold) ornament with a paper frill on knuckle and a border of cress. Cut in wafer thin slices.

Mrs. Geo. W. Gates

### HEAD CHEESE

Clean thoroughly 2 large pigs' heads (do not use the jaw, as it is too fat), 8 pigs' feet, and 4 lbs. good lean boiling beef (the neck part is best). Boil these in a large receptacle until the meat falls from the bone. Remove from the liquor and remove all bones by pressing between the fingers. To this meat add 1/2 cup salt, 3 tablespoons of good sage (not the pulverized), 3 large tablespoons pulverized pepper grains (I purchase the whole black pepper grains and put them through the fine part of the food chopper). Mix this all thoroughly by kneading and pressing between the fingers. Now pack in a large earthen crock or granite pudding pans, place a plate over and press down. When ready to use remove the fat which has risen to the surface, then the plate and weight. Slice and serve.

Mrs. A. J. Voss

Salt and pepper

### SWEETBREADS

Wash in cold water, remove pipes and membranes. Cook 20 minutes in boiling water, salted with 1 teaspoon lemon juice. Drain and put into cold water. Sweetbreads must first be cooked as described above, whatever is done with them afterwards. They may then be broiled like a steak and buttered and seasoned or cooked in various ways, either plain or fancy. Two of the best methods are larding and creaming.

### LARDED SWEETBREADS

Lard and bake until brown, basting with brown stock. Serve with mushroom sauce.

### CREAMED SWEETBREADS

Break into small pieces, add white sauce and cooked mushroom cut fine. Cook 10 minutes, and serve.

Mrs. M. G. Clever

### ESCALLOPED HAM

2 slices raw ham 4 large raw potatoes 2 carrots 1 onion

1 bunch parsley 1 pint milk

Slice potatoes thin, chop onion, carrots and parsley fine. Place layer of potatoes in buttered baking dish, season and sprinkle with onions, parsley and carrots, cover with one slice ham cut in 3 or 4 pieces. Repeat until dish is filled. Cover with milk and bake 1 hour or more in slow oven.

Mrs. A. H. Dahners

### JELLIED VEAL

### Serves 8. Time to prepare-3 hours

1 lb. veal, 1 can pimentoes cut fine, 3 tablespoons minced pickle, 1 pint hot stock, 1 tablespoon gelatine (granulated), 1 bay leaf, 1 slice onion, 2 cloves. Simmer the meat until it is tender, remove bones and when cold put through food chopper. Mix with remaining ingredients and turn into a mould s lightly greased. The sides of the mould may be lined with slices of lemon or cold boiled eggs. When jelly is cold and set, dip mould into boiling water for an instant, and turn the meat onto a platter. Serve with a garnish of lettuce or parsley.

Mrs. E. E. Nott

### ROUND STEAK IN CASSEROLE

Take piece of round steak cut in sizes for serving and pound into it all the flour it will hold. Season the flour with pepper and salt. Put into casserole and cover with cold water; cook in slow oven for at least 3 hours. When ready to serve, take from the oven and thicken the gravy with flour thickening, to which a teaspoon of Worcestershire sauce has been added. Pour into casserole 1 can of mushrooms, put back in oven to heat again thoroughly. Serve in casserole.

Mrs. W. F. McNeill

### JELLIED MEAT

1 small pork hock and 1 veal hock cleaned and place on stove in cold water. Boil until meat drops loose from bone. Chop well, add thyme, sage (according to taste), also salt, cloves, pepper and two tablespoons of vinegar. Add the liquid from meat, which should be boiled down. Mix all together and place in small moulds or egg cups. Serve on lettuce leaf with any salad desired, or if cooled in larger dish may be sliced as head cheese for a cold meal.

Mrs. A. E. Shore





### BUSY DAY OVEN STEW

Cut 1½ lbs. good shoulder beef into fairly small pieces and put in baking dish. Mix 3 level tablespoons bullet tapioca with same, cover with cold water, season well. Put into slow oven and keep covered with water until quite well done. Add a little chopped onion and some carrot discs and about ½ cup canned peas, for flavoring and color. Do not add any more water. Cool until vegetables are done, when gravy will be sufficiently thickened. If convenient, stir it up carefully during the first stages of cooking so that tapioca will not all adhere to bottom of dish. Before removing from oven, add a dash of tomato catsup. Serve with baked potatoes. If the size of bake dish will permit, the potatoes may be added with the other vegetables and baked with the meat.

Mrs. H. A. Benjamin

### BRAISED SHOULDER OF LAMB

Bone a shoulder of lamb, leave knuckle and fill cavity with stuffing. Place in a deep pan, cook 5 minutes in one-fourth butter, a slice each of onion, carrot and turnip cut in small pieces, ½ bay leaf, a sprig of thyme and one of parsley. Add 3 cups hot water, salt and 12 peppercorns, pour over lamb, cover and cook over low flame for 3 hours, uncovering for the last ½ hour. Remove to hot platter, strain liquid and thicken with flour and 3 tablespoons butter.

Mrs. W. Hugh Dingle

### BEEF CROQUETTES

Chop fine ¾ lb. cold roast beef, moisten ¼ lb. stale bread with a little stock, season with salt and pepper and a few drops of onion juice; moisten with a little brown sauce, add yolks of 2 eggs well beaten, cool, and roll in egg and crumbs, and fry in hot fat. Serve with tomato sauce.

Mrs. W. Hugh Dingle

### (DEM.) SAUSAGE WITH FRIED APPLES

Prick 1 lb. sausage on all sides, put into a frying pan with about ¼ cup boiling water, and let cook, turning as needed until lightly browned. Remove the sausages to a dish and keep hot. Pour off the fat to have about ¼ cup in the pan; into this slice ½ dozen apples, carefully wiped, but not pared. Cover the apples and let cook until browned on one side and hot throughout; turn with a spatula to brown the other side. Dispose on a serving dish with the sausage at the center.

Mrs. J. M. Strieb

### MEAT LOAF

1 lb. beef, 1 lb. veal, 1 lb. pork, 1½ teaspoons salt, 1-3 teaspoon pepper, 1 slice chopped onion, 1 tablespoon chopped parsley, 1 beaten egg, 1½ cups bread crumbs, ¾ cup milk or cream. Wipe the meat with cloth and put through food chopper; add seasoning, knead, add the crumbs, well beaten egg and gradually the milk. Knead until spongy. Shape into a loaf, place in roasting pan lined with slices of salt pork fat or bacon or suet. Dredge with flour or crumbs. Bake slowly for 1 hour, or steam for 2 hours.

Mrs. C. F. Sewell

### (DEM.) PORK POTATO LOAF

2 lbs. pork, 4 medium sized potatoes half boiled, 1 cup milk (scalded and cooled), 1 small onion, ½ cup bread crumbs, 1 egg, a little sugar. Mix pork, potatoes, onion and milk for 10 minutes, then season with pepper, salt, little sage, little sugar; add bread crumbs and egg. Form in a loaf and bake. Cover with cup of tomatoes if desired.

Mrs. A. E. Whitlock

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### GLENDALE BUTTER

### TENDERLOIN AND EGGPLANT

Peel an eggplant and cut into ½ inch slices, brush with melted butter and broil for 10 minutes. Arrange on a hot platter, season with salt and pepper. On each slice place a nicely broiled tenderloin, and over all pour the following sauce: Beat ½ cup heavy cream until stiff, fold in 3 or 4 tablespoons good grated horseradish, ½ teaspoon salt, sprinkle with paprika. Serve hot.

Mrs. W. R. McFarlane

### HAMBURG STEAK WITH ONION RINGS

Put 2 lbs. round steak through the food chopper and mix 1 teaspoon salt, ¼ teaspoon pepper and 1 cup cold water. Pat into shape, having edges same thickness as centre; let boil 2 minutes, place in a hot oven for 10 minutes. Cut ½ inch slices from onions, fry in deep fat until brown, sprinkle with salt and arrange on meat patties.

Mrs. W. R. McFarlane

### MOCK DUCK

Take a round steak, spread out and pound. Make a dressing of bread crumbs (rubbed fine), put 1 spoon of butter in frying pan and add bread crumbs, a little chopped onion, salt and pepper and sage to taste. Spread this on the steak and roll, bind well with string and secure ends. Place in pan with 1 cup of warm water. Bake until brown. Garnish with mashed potatoes,

Mrs. J. D. Macmillan

### (DEM.) BEEF LOAF

1½ lbs. round beef steak ½ lb. lean pork

1 cup cracker crumbs 4 green peppers

Grind meat and peppers after removing seeds. Put in bread tin that has been well greased and floured. Add 1 cup tomato juice, and as it bakes baste with more juice. Bake 1½ to 2 hours in moderate oven.

Mrs. H. J. Myers

### OLD VIRGINIA ROAST HAM

Soak for 24 hours in cold water which a little cider or vinegar has been added; then it is scrubbed vigorously with a small brush and placed over fire in plenty of cold water. When it begins to boil the heat is lowered and the ham permitted to simmer until tender (15 minutes to 1 lb. is about the right time). After the ham has been pronounced cooked, it is then left in the water in which it was boiled until perfectly cold; then it is skinned, trimmed and brushed all over with two eggs well beaten, then covered thickly with fine bread crumbs mixed with brown sugar and a little paprika. Sometimes cloves in a regular pattern are stuck over the surface of the ham. Then place in a dripping pan and sweet cider poured about it. Bake 1 hour, basting frequently.

Mrs. L. D. Benedict

### (DEM.) PORK SAUSAGE

2 lbs. shoulder pork (1-3 fat) put through grinder, 1 scant teaspoon salt, 1 scant teaspoon pepper, ½ teaspoon sage, a little cayenne. Mix well together; form in cakes and fry.

Mrs. A. J. Hilliker

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### VEAL LOAF

2 lbs. veal ½ lb. salt pork, fat

1 lb. beef 1 large onion

Grind fine and add 2 eggs. Salt and pepper to taste. Boil 6 eggs hard and shell. Place meat, half quantity in bake dish, then place eggs lengthwise in meat, and cover with balance. Bake one hour.

Mrs. H. B. Powers

### (DEM.) BEEF BALLS WITH SPAGHETTI (En Casserole)

1 lb. steak 1 egg

1/4 cup bread crumbs 1 teaspoon onion ½ teaspoon paprika ½ teaspoon salt

Mix thoroughly and divide into 12 round balls. Brown these in hot fat and pour over the following sauce, after which remove to the casserole and cook 45 minutes:

### SAUCE

1 can red motatoes, strained 1 onion, sliced 2 sprigs parsley ½ cup flour 1 sweet red or green pepper 1 pint water ½ lb. spaghetti ½ cup cheese Butter

Melt butter and add flour, salt, etc. (Cut pepper in shreds after discarding seeds. If you cannot get pepper, use canned pimentoes). Boil up and pour over the beef balls, and cook 45 minutes.

While this is cooking, break ½ pkg. spaghetti into ½ inch lengths and boil in salted water until tender. Drain, rinse in cold water. Melt ½ cup or more of cheese; add this with the spaghetti to the meat balls and sauce in the casserole. Re-heat at once,

Mrs. A. H. Dahners

### YORKSHIRE PUDDING

2 eggs 6 tablespoons flour Salt Milk

Milk to make batter consistency of thick cream. Pour and bake in the dripping from the roast. Bake 20 minutes.

This is nice also poured over freshly cooked sausage. Return to oven, and bake until done. Called "Toad in the Hole."

Mrs. Percy Jopp

### **DUMPLINGS**

1 cup milk, 1 tablespoon butter beaten together until boiling, then stir in 1 cup flour and beat until it leaves the sides of the pan. Add 1/2 teaspoon sugar, dash nutmeg, and when cool, beat in 2 unbeaten eggs, one at a time, like in making cream puffs.

Mrs. S. C. Reat

### (DEM.) HUNGARIAN GULASH

One flank steak scored. Cover to the depth of 1 inch with potatoes sliced quite thick, then cover with sliced onions to the same depth. This can be cooked in a heavy steel frying pan or a large casserole. On top of the meat and vegetables pour a can of tomatoes. Season well and cook in a slow oven at least 3 hours.

Mrs. J. H. Lavender

### STUFFED LITTLE ROAST PIG

Dress, clean, stuff and truss a suckling pig. Put on rack in dripping pan, sprinkle with salt, brush over entire surface with melted butter and make 4 parralel gashes on each side of backbone. Put in hot oven, covered with buttered paper, and cook 2½ hrs., basting every 15 minutes. Remove paper, brush over with heavy cream, and cook 10 minutes. Remove to hot platter, using cranberries for eyes and a section of a red apple in the mouth. Garnish with sections of bright red apples and watercress, then arrange a collar of green leaves.

Mrs. J. D. Macmillan

### CROWN ROAST OF LAMB

Give your butcher a day's notice to prepare for you a crown roast of lamb, which is really delicious and very attractive to the eye. This cut is the ribs (the part we buy for chops), rolled and tied together the shape of a crown. The meat is trimmed off the rib part that forms the top of the crown, and on each bone have placed right on the top a piece of salt pork an inch square. This prevents the bone from burning and bastes the lamb as well. Cook in rather a hot oven until done, which is around 14 hours. When done, remove the salt pork, and on each rib place a white paper frill. Serve on a bed of green peas (if not in season use French peas), and heap the centre up with peas. Carve by cutting down between each rib, serving, in reality, a roasted chop. This roast can also be served with a dressing in the centre, or sometimes it is served with the centre filled with asparagus tips packed in so they will stand.

Mrs. C. Parnell Hickey

### NEW ENGLAND BOILED DINNER

2½ lbs. flank boiling beef

3 or 4 parsnips 1 head cabbage 4 medium sized onions 3 turnips 6 medium sized potatoes

3 or 4 carrots

Put beef on. When boiling, salt and skin. Cut cabbage in quarters, peel and prepare vegetables. First add cabbage; in 15 minutes add rest of vegetables. When boiling briskly, set on slow fire and cook for about 2 hours. Serve vegetables whole and hot.

Mrs. H. E. Gibson

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## POULTRY and GAME

"Let's carve him as a dish fit for the gods, Not hew him as a carcase fit for hounds."

### AGE TEST

If the bone across the breast above the hollow skin is hard to the touch, the bird is old; in young ones this is more like gristle.

### TO MAKE OLD FOWLS TENDER

Take an old fowl and stew it 2 to 6 hours with 1 tablespoon vinegar in the water, then roast it in the oven, basting frequently. Or you may stew until tender, then brown in butter in the frying pan and serve as fried chicken. It will make an old fowl 5 or 6 years tender and equal to a chicken.

### **GAME**

All water birds should be eaten as fresh as possible, as their flesh is oily and soon becomes rank. If there is a large quantity of game on hand at one time, it will be well to cook the young game first and the old one or two days later, as old birds will keep longer than young ones. Old birds also need longer cooking. Young game cooks rather more quickly than poultry.

Wild ducks and geese are so oily that they should be washed with warm water and soap or baking soda before drawing. The objectionable flavor of wild ducks comes from the oil in the skin; this can be overcome by soaking over night in salt and water. The wild flavor can be taken from ducks, geese, prairie chickens, etc., by leaving them in salted water for 10 or 12 hours, or to lie in soda and water 2 or 3 hours, or parboil in water containing 1 or 2 onions.

### TO RESTORE TAINTED GAME

If game becomes slightly tainted, it should be picked clean and put into milk for a full day (24 hours), keeping it entirely covered. This will sweeten it, and it should be cooked at once.

### TO DRAW A FOWL

Place the fowl on its back, and make a slit lengthwise in the skin at back of the neck from the body to the head; free the neck from the skin, and cut off the neck as close to the body as possible; then cut the skin, leaving a flap at least 3 inches long hanging to the breast. Loosen the crop and the windpipe, and insert the first finger, keeping it close to the inside surface of the body; work it round, breaking all the ligaments with which it comes in contact, thus loosening the contents of the carcass. Be careful not to thrust the finger into the centre, for if the gall bladder is broken, the gall will impart a bitter taste to whatever it may touch. Turn the bird, slightly enlarge the opening at the vent, insert the finger, and loosen the insides from the carcass at that end. Turn the bird again, and place it on its back; press the breast with the thumbs, and push out the gizzard by the hole at the vent; take hold of it and pull steadily, when the whole of the interior should be brought away entire. Be sure and remove the lungs, which cling to the ribs. If all the insides are removed, little washing will be needed. Wipe it out with a damp cloth, or rinse quickly and wipe dry.

### TO TRUSS A FOWL

After stuffing the fowl, sew the skin of the neck over the back. Then run a long skewer through the pinion and then through the body and out through the other pinion, pressing them close to the body. Also press a skewer through the thigh and body, and out through the other thigh. Pass a string over the projecting ends of the skewers and tie it firmly at the back to keep the bird firmly trussed. The legs can be crossed over the tail and firmly tied. The wings and thighs can be tied in place by winding a string around the body, if you have no skewers. Cut the string off carefully when done, so as not to tear the flesh.

If a Roast Fowl cannot be served as soon as it is done, put it over a kettle of boiling water and put a dripping pan over it, which will keep it from drying up.

### THE GARNISHES FOR FOWLS

These are parsley, watercress, horseradish, slices of lemon, slices of ham, fried oysters or sausages, and forcemeat balls.

### TIME FOR COOKING

An 8-lb. turkey, stuffed, will require an oven 400 degrees Fahrenheit for 3 hours; without stuffing, 21/2 hours.

A 4-lb. chicken, with stuffing, will require, at a temperature of 400 degrees Fahrenheit, 2 hours.

A tame duck, one year old, stuffed with potatoes, will require 21/2 hours at a temperature of 360 degrees Fahrenheit.

A young goose, stuffed, 3 hours at a temperature of 360 degrees

Fahrenheit.

Partridges split down the back, will bake in 40 minutes in a hot oven. Prairie chickens, 45 minutes at 400 degrees Fahrenheit.

### CHICKEN WITH NOODLES

Cut the chicken into nice pieces for serving, put on in cold water and cook until tender, allowing plenty of time if an old chicken, from 2 to 4 hours. Season with salt and pepper.

Noodles: 2 cups flour, 1 teaspoon butter, 1 teaspoon salt, 3 eggs, 2 tablespoons lukewarm water. Method: Sift flour and salt, rub in butter, add eggs and water, knead paste for 10 minutes. Roll out as thin as possible, and set aside to dry, ½ hour or longer;; then roll as a jelly roll and cut into thin slices. These little whirls when dropped into the hot soup will unroll into ribbons of paste.

Add to chicken and cook 20 minutes.

Mrs. E. G. Hartshorn

### SPANISH CHICKEN

Boil a large fowl in water to cover. When cold cut in small pieces. Season as it boils with celery, onion and spices. Stir in flour thickening and 1 teaspoonful Grandma's Spanish pepper, 1-3 bottle of catsup and 1 can mushrooms. Have rice boiled in plenty of water and moulded in a fancy shape on a large platter. Pour chicken mixture over rice and garnish with olives.

### Annie Futhey Merrick.

JELLIED CHICKEN

1 envelope Knox gelatine 1/2 cup cold water 6 peppercorns 1 bay leaf 3 stalks celery Slice of onion

Cook chicken with vegetables and seasoning until it will leave the bone. Remove skin and bones. Reduce liquid to I quart, and add softened gelatine. Pour over chicken in mould and set aside in a cool place.

Mrs. W. F. McNeill

### MARYLAND CHICKEN

Dress, clean and cut up a tender chicken, dredge with salt, dip pieces in a well beaten egg, roll in cracker crumbs, pack in casserole or roasting pan, dot over with butter, brown quickly in hot oven, then cover with an airtight cover, reduce heat and cook slowly for about 1½ hours. Serve on platter garnished with parsley.

Mrs. T. H. Harmon

### (DEM.) FRICASSEE CHICKEN

1 medium sized chicken ½ pints hot water

2 tablespoons grated onion

(heaping)
1½ cups rice
½ lb. butter

1½ teaspoons salt 4 bay leaves

2 quarts boiling water

2 tablespoons flour for thickening gravy

Cut chicken in 12 pieces, melt butter in skillet and fry chicken brown. To the butter add 1½ pints hot water, let chicken simmer slowly in this for 1 hour. Wash rice thoroughly and add 2 quarts boiling water, salt and cook 30 minutes. When done heap on platter in form of pyramid, standing the pieces of chicken up around, and decorate with parsley. Serve gravy in separate dish.

Mrs. H. Anderson

### CREAMED CHICKEN

2 large or 3 small chickens. Cook until tender, and when cold cut into small pieces. Melt 8 tablespoons butter and 6 tablespoons flour together. Put on to heat in a pan 1 quart thin cream with a whole onion in. When hot, mix with the butter and flour. Remove the onion and cook until thick. Add to the chicken 1 can mushrooms, nutmeg. pepper and salt to suit taste. Mix with chicken. Butter pans and fill with the mixture. Grate bread crumbs and bits of butter on top. Brown about 20 minutes. If mushrooms are large, cut into halves or quarters,

Note:—One chicken and half the amount of cream makes a good sized pan full.

Miss Ethel Hickle

#### CHICKEN POT PIE AND BAKED DUMPLINGS

1 fowl, cut in joints ¼ cup flour ½ teaspoon salt Black pepper 1 cup diced carrots 1 cup cooked peas Onion if desired.

Cover the fowl with boiling water, and let simmer until tender, then remove to a baking dish. Mix the ¼ cup flour, salt and pepper with cold water to a smooth paste and use to thicken the broth. Remove some of the fat from the top of the broth, if necessary, before adding the thickening. Then add cooked vegetables and pour over the fowl, until nearly covered, and reserve the rest to serve apart.

### **DUMPLINGS**

2 cups flour 4 cup shortening 3 level teaspoons baking powder Milk or cream

½ teaspoon salt

Sift together the flour, baking powder and salt; into this work the shortening and use cream or milk to make a dough less stiff than for biscuits. Put over the fowl, which it should completely cover, and bake about 25 minutes. Veal or lamb may be used instead of chicken.

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### MOCK CHICKEN A LA KING

1 pint pork meat

2 tablespoons butter

1 tablespoon cornstarch

1 green pepper

2 eggs

½ can mushrooms 1 teaspoon salt

1 cup chopped celery

2 cups milk

Use the whitest part of a rib roast of pork and cut in small dice. Melt butter, add mushrooms and brown slightly; add cornstarch and part of milk, 1 teaspoon salt, yolks of eggs and remainder of milk. Put in double boiler, add juice of green pepper (which has been cut up fine and boiled in ½ cup water for 5 minutes and strained), add celery cut fine and cubed pork lastly. Fold in the stiffly beaten whites of 2 eggs. Serve on buttered toast.

Mrs. L. D. Benedict

### ROAST GOOSE

To roast a fat goose, put the bird into a pan or container of sufficient size. Cover, or nearly cover with lukewarm water, and bring to the boiling point. Then gradually reduce the heat and simmer for 15 or 20 minutes. Remove the bird, and partly cool. Have the dressing ready, and preferably this should be heated, after being made, in a skillet or kettle. Stuff the bird, sew up, sprinkle with flour, salt and pepper, and roast in a moderately brisk oven, allowing half an hour to the pound. Add water from time to time, so that the fat will not burn.

When ready to make the gravy, drain off most of this fat and set aside. Make gravy as usual, adding flour and hot water, season to taste, and

strain into a hot gravy boat.

The water in which the fat fowl has been cooked first may be set aside in a cold place. The fat will harden and may be skimmed off. This fat may be put with that turned from the dripping pan. It can be melted together, strained, and used for cooky shortening, for the shortening of spice cakes, or chocolate cakes, and some especially relish it as a medium in which to fry onions, or apples, or onions and apples combined.

Mrs. C. Parnell Hickey

### CHICKEN SHORT CAKE

Cut the meat from the largest pieces of cold stewed chicken, remove all bones. Heat in hot gravy and pour over short cake cut in squares,

Short Cake: Mix 4 tablespoons baking powder with 2 cups flour. Cut into it nearly ½ cup butter, then add 1 cup sweet milk. Bake in a quick Mrs. C. Parnell Hickey oven in a sheet pan.

### ROAST WILD DUCK

Pick, draw and singe the same as chicken. Wipe inside and out with a damp towel. The less they are washed the better. Tuck back the wings and truss, the legs drawn close to the body. Place strips of bacon or salt pork over them, then place in baking pan and bake from 45 minutes to 1 hour. Set a cup of water in the roasting pan while the duck is cooking. Potato stuffing is preferred. Serve with black currant jelly.

Mrs. J. D. Macmillan

### POTATO STUFFING

2 cups hot mashed potatoes

½ cup walnut or pecan meats 1 tablespoon butter

4 tablespoons milk

1 tablespoon chopped parsley

1 teaspoon salt 1 saltspoon black pepper

Put the meats through the grinder, add to the potatoes, then add other ingredients. Heat for a minute over the fire, and use at once. Mrs. J. D. Macmillan

### ROAST PARTRIDGE

Prepare the same as duck. Tuck the wings back and fasten the legs up to the sides of the body with a small skewer, so that when the bird is on its back the legs stand up, not down towards the rump as you truss a chicken. Place strips of bacon over the breast, and put in a roasting pan. Bake the same as duck.

Mrs. J. D. Macmillan

### DRESSING FOR FOWL

1 quart finely chopped bread crumbs preferably bread that has been toasted

1 level teaspoon salt

½ teaspoon sage ½ teaspoon thyme

½ teaspoon pepper ¼ cup softened butter

Rub well together with the finely chopped giblets, which have been stewed until tender. Add 4 or 5 tablespoons of gravy from the giblets. Place dressing in fowl so it will be light and crumbly when done. This amount is enough for a 4 or 5-lb. fowl.

Mrs. J. D. Macmillan

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# **VEGETABLES**

"Most generously does 'Mother Nature' reward the faithful 'tiller of the soil.'"

## TIME REGUIRED AT SEA LEVEL FOR COOKING GREEN VEGETABLES

At an altitude of three or four thousand feet the time must be increased for most vegetables. It is advisable to cook old beans, peas, rice and macaroni in a fireless cooker, saving time and trouble and making the food much more palatable.

Green peas, young and fresh	15	minutes
Green peas, old and not fresh		44
String beans		66
Beans, shelled (green)	15	66
Lima beans, young, fresh		66
Lima beans, dried (soaked)	45	4.6
Cabbage, whole head, simmer		hours
Cabbage, half head		
Chaggage, quarter head		minutes
Cabbage, chopped	20	6.6
Cauliflower and Broccoli	30	66
Cucumbers, cut into quarters		66
Squash, pared and cut into blocks		. 66
Pumpkin, in squares for pies		66
Tomatoes, peeled and stewed	30	66
Tomatoes, baked, whole, slow oven		hour
Tomatoes, stuffed and baked	1	46
Green peppers, stuffed	1	66
Green peppers, stewed	30	minutes
Unions, new	45	**
Spanish onions, whole	2	hours
Spanish onions, cut into slices		
Okra	1	66
Celery, stewed	30	minutes
Spinach	10	"
Brussels sprouts, fresh		66
Kale		66
Bananas, baked (240 degrees)	30	66
Apples, sweet, baked (slow)		66
Apples, sour, baked (slow)	20	66

### RULES FOR COOKING DRY AND UNDERGROUND VEGETABLES

As a rule, all underground vegetables are rich in woody fibre. Use boiling unsalted water to start, adding salt when they are partly cooked. Potatoes, to soil until they can be easily pierced to the centre

Potatoes, to boil until they can be easily pierced to the centre		
with a fork	30	minutes
Potatoes, to bake, slowly	45	44
Potatoes, cut into dice to cream	10	6.6
Rice, Carolina	30	66
	20	6.6
Beans, soup, dried, soaked over night, slowly	2	hours
Beans, if for baking, until skin cracks	30	minutes
Peas, dried, soaked over night	2	hours
Lentils, dried, soaked over night	1	hour
Sweet potatoes, medium size, to boil	40	minutes

Turnips, white, cut into blocks, to stew Turnips, yellow, cut into blocks, to stew	20 30	minutes
Carrots, cut into dice, to stew	1	hour
Parsnips, cut into halves	1	66
Beets, new	45	minutes
Beets, old	4	hours
Salsify, boiled	45	minutes
Globe artichokes	45	6.6
Jerusalem artichokes, sliced	30	44
Jerusalem artichokes, whole	45	44
Asparagus	45	6.6
Polk shoots	45	6.6
Green sweet corn, after it begins to boil	5	66

### VEGETABLES TO SERVE WITH DIFFERENT MEATS

With Roast Beef-Potatoes, squash, boiled rice or macaroni, pickles, or any vegetables that are in season.

With Roast Mutton—Mashed potatoes, mashed turnips, boiled onions

and currant jelly.

With Roast Lamb-Potatoes, green peas, turnips, string beans, corn,

summer squash, mint sauce.

With Roast Veal-Mashed potatoes, spinach, parsnips, asparagus, sweet potatoes, horseradish.

With Roast Pork-Potatoes, onions, squash, or sweet potatoes,

tomatoes, boiled rice and apple sauce.

With Roast Venison-Mashed potatoes, squash, onions, turnips and currant jelly.
With Roast Turkey—Potatoes, squash or sweet potatoes, onions, celery and cranberry sauce.

With Roast Chicken-Potatoes, onions, squash or any vegetables in

season, celery, currant jelly, With Roast Goose-Mashed potatoes, onions, squash, baked macaroni

or boiled rice and apple sauce.

With Roast Ducks-Same as with goose.

With Birds of All Kinds-Potatoes, squash, onions, celery, macaroni and currant jelly.

With Boiled Mutton-Mashed potatoes, mashed turnips, baked macaroni, currant jelly.

With Boiled Lamb-Potatoes, green peas, asparagus, spinach, white turnips.

With Boiled Corn Beef-Potatoes, cabbage, parsnips, beets and turnips.

### (DEM.) BAKED STUFFED POTATOES

6 medium sized potatoes, bake and cut off top, take inside out with a spoon and add 2 tablespoons butter, 3 tablespoons hot milk, season with salt and pepper, beat well. Add the whites of 2 eggs well beaten, refill and bake 8 minutes. Put ham, onions or cheese on top, if you wish, before re-heating.

Mrs. Roy Wheeler

### (DEM.) HOT SLAW

Shred 1 head cabbage very fine. Put in boiling salted water and cook until tender. Drain and add the following dressing: 2 eggs beaten light, 1 cup sour cream and 1/2 cup vinegar. Set where it will keep hot, but not boil, for 10 minutes. Nice served with corned beef or boiled ham,

### SCALLOPED LIMA BEANS

1/4 cup green pepper, cut fine 1 teaspoon salt 1/4 cup onion, cut fine 2 cups cooked lima beans 1/4 cup butter Pepper

1 cup tomato (canned)

Fry the pepper and onion in a little butter, add the tomato and seasoning. Put beans in a casserole, cover with the vegetables, and bake in a moderate oven about 40 minutes.

Mrs. W. F. McNeill

### POTATOES AU GRATIN

Slice cold boiled potatoes. Make a rich cream sauce, add grated cheese to taste. There should be a scant pint of sauce to a pint of sliced potatoes. Put a layer of potatoes in a buttered casserole, season, add a layer of sauce, sprinkle with cheese, repeat until used. Sprinkle the top with grated cheese and paprika, and bake a delicate brown.

Mrs. W. F. McNeill

### CARROTS SUPREME

2 cups cooked carrots ¼ cup cream 1½ tablespoons butter Salt and pepper

1 tablespoon chopped green pepper Crumbs

34 cup stock

Melt butter, add green pepper and onion, cook 3 minutes. Put carrots in a baking dish, cover with sauce, sprinkle with crumbs and a little butter, and serve in dish in which it was baked.

Mrs. W. F. McNeill

### POTATO BALLS IN CASSEROLE

Cut with a large ball cutter, potato balls sufficient to serve. Roll in hot ham fat in a frying pan until nicely browned, then turn into casserole, add a little water, a minced onion and chopped parsley. Cook slowly for 1 hour.

Mrs. W. F. McNeill

### SWEET POTATOES—SOUTHERN STYLE

Boil medium sized potatoes until nearly done. Then peel and cut in halves the long way. Place in layers in a baking dish, sprinkle with brown sugar and bits of butter. Bake 20 minutes.

Mrs. W. F. McNeill

### CAULIFLOWER WITH CHEESE

Boil cauliflower in salted water, drain and separate in small pieces. Make a white sauce, place layer of cauliflower in baking dish, cover with sauce and a layer of grated cheese. Repeat until dish is full. Cover with bread crumbs and brown in oven.

Mrs. C. L. Greer

### COOKED PEAS

Line a casserole dish with fresh lettuce leaves, fill the dish with shelled peas, season with salt, pepper, butter and just enough water to start it to boil. Place in the oven and cook slowly for 1 hour.

Mrs. H. E. Gibson

### SWEET POTATO CROQUETTES

Cook potatoes in boiling water until tender. Drain, put through ricer, season with salt, pepper and butter. Beat mixture well and add a little hot milk sufficient to make the mixture easily handled. Form into patties and place on buttered platter; put in cold place. These can be fixed the day before serving. Then when ready to use, dip croquettes in an egg slightly beaten, to which 1 or 2 tablespoons of milk have been added, and then roll in sifted dried bread crumbs. Fry at high temperature until brown.

Mrs. Ernest Teagle

### CREAMED CABBAGE

One pint boiled and minced cabbage, ½ pint hot milk, 1 tablespoon butter, 1 teaspoon flour, ½ teaspoon salt, ½ teaspoon pepper. Put cabbage, milk, salt and pepper on the fire. Beat flour and butter together until creamy and add to cabbage. Simmer 10 minutes. Serve very hot.

Mrs. F. D. Murchison

### SWEET POTATO BOATS

Wash and pare 4 oblong medium sized sweet potatoes of uniform size, and cook in boiling salted water until nearly soft, then cut in halves lengthwise. Put cut side down, brush with 2 tablespoons butter, sprinkle with 2 tablespoons sugar, and then brown in oven; turn and brown on other side. Make a syrup of boiling ¾ cupful each of sugar and water, 4 minutes. Wipe, pare and core 3 apples and cut in eighths lengthwise. Cook in syrup until transparent. Remove some of centre of potato, leaving boat shape, and fill with apple sections.

Mrs. T. H. Harmon

### CORN ROLLS

Drain 1 teacup canned corn, add 1 cup cracker crumbs, 1 egg well beaten, 2 tablespoons cream, 1 teaspoon minced onion, ½ teaspoon salt, ¼ teaspoon pepper. Mix thoroughly and form into balls. Arrange in baking dish and bake 20 minutes. Serve with following sauce: Blend I tablespoon flour with 1 tablespoon butter, add 1 cup strained tomatoes. and cook 5 minutes. Season with salt, cayenne, a little onion juice and chopped parsley. Pour mixture over corn balls and serve.

Mrs. C. H. Harry

### CREAMED MUSHROOMS

Peel 1 lb. large mushrooms, drop them into water in which the juice of a lemon has been added. Into 2-quart chafing dish place a large lump of butter. When this is melted, add the mushrooms (after draining) in layers; add 1 Spanish onion cut in slices. Put on the cover and let them simmer until they draw their own juices. When soft enough for a fork to pierce easily, add ½ cup of cream, salt and paprika to taste, and just before serving add the juice of ½ lemon.

Mrs. W. Hugh Dingle

### SCALLOPED POTATOES AND HAM

Cut up potatoes in small pieces and soak in cold water for an hour, then dry and put in pudding dish in layers with small pieces of ham and a little minced onion between; cover with sweet milk, and bake until done and nicely browned.

Mrs. W. Hugh Dingle

#### STUFFED GREEN PEPPERS

Cut top off peppers and remove seeds. Stuff with 1 cup of chopped chicken or veal, ½ cup of bread crumbs, 1 large tomato, 1 chopped onion, 1 tablespoonful of butter, 1 egg, salt and pepper to taste. Bake for 25 minutes.

Mrs. C. J. Henderson

### CORN TIMBALES

1 cup corn 3 rolled crackers 2 eggs, beaten ½ cup milk

A little parsley and onion put in timbale moulds, and bake until firm. Serve with cream sauce. A nice luncheon dish.

Mrs. W. F. McNeill

### (DEM.) DEVILLED CORN

4 tablespoons butter 11/2 teaspoons salt 1½ cups sweet milk Pinch paprika

34 teaspoon mustard 1 egg

1 can corn 3 teaspoons Worcestershire sauce 5 tablespoon flour

Melt butter, rub in flour, add milk, salt, mustard and paprika. Cook until thickened, add corn, egg and Worcestershire sauce. Cover with butter and cracker crumbs, and bake 30 minutes in slow oven.

Mrs. F. A. McAllister

### CARROTS AND GREEN PEAS

Chopped carrots and green peas make a nice combination of vegetables cooked together.

Mrs. James R. Scott

### SCALLOPED CORN

Take solid canned corn, put in shallow dish mixed with a generous amount of chopped green peppers. Cover with rolled cracker crumbs, and season with salt and bits of butter. Put in oven to brown lightly.

Mrs. James R. Scott

### FRIED MUSHROOMS

Prepare and drain mushrooms, dry well. Dip in beaten egg, seasoned with salt, then roll in cracker crumbs, and fry in butter until a golden brown.

Mrs. G. Huser

### TURNIPS

Cut turnips in cubes and boil until tender. Make a cream sauce, combine and put in a casserole; sprinkle top with rolled cracker crumbs and grated cheese. Brown in oven.

Mrs. C. Parnell Hickey

### BAKED ONIONS

12 onions 1½ cups of milk

2 tablespoons butter 2 tablespoons flour 4 tablespoons bread crumbs 2 tablespoons chopped parsley

Salt and pepper 2 egg whites

Parboil onions, drain and chop. Make a white sauce with butter,
flour and milk, adding the parsley and bread crumbs. Boil 5 minutes
and pour on the onions; then add the beaten whites or one whole egg,
and bake for 30 minutes in a moderate oven.

Mrs. C. W. Voss

### PARSNIP FRITTERS

Boil the parsnips and when tender take off the skin and mash them fine; add I tablespoon flour and 1 beaten egg. Make into small cakes with a spoon, and put into boiling hot lard or beef dripping in a hot frying pan. When fried a delicate brown, put on a dish with a little of the fat in which they were fried over them. Serve hot.

Mrs. Guy Johnston

### BRUSSELS SPROUTS—(Boiled)

Pick off all dead or discolored leaves and soak in cold salted water 1 hour before cooking, then put them in boiling water containing a little salt and soda (the soda preserves their color). Boil briskly until tender, which will be about 20 minutes. Serve hot with butter or a rich cream sauce poured over.

Mrs. C. Parnell Hickey

### CANNED TOMATOES

These are nice stewed and add squares of toasted bread, a little butter and seasoning. They also can be used with boiled macaroni or boiled rice by putting layers alternately in a bake dish or casserole, adding bits of butter and seasoning.

Mrs. C. Parnell Hickey

FRIED SWEET POTATOES

Select potatoes of a uniform size; if small cut in halves, and if large cut in quarters. Boil, watching carefully, as they must be drained as soon as cooked so as to keep their shape. Salt the potatoes when a little over half done. After draining, brown in frying pan in hot bacon dripping. Do not fill frying pan too full so that each piece of potato can be turned and browned on both sides easily.

Mrs. C. Parnell Hickey

SCALLOPED POTATOES

Put in a casserole 4 cups of raw sliced potatoes. Pour over them a thin cream sauce made as follows: 3 level tablespoons butter blended with 1 rounded tablespoon flour, add 3 cups of milk, ½ teaspoon salt, dash of pepper, and bring to boil, stirring constantly; 2 teaspoons minced onion may be added if desired. Bake in moderate oven 11/4 hours. Will serve 4 persons.

Mrs. C. Parnell Hickey

CABBAGE—ORIENTAL STYLE

Pick over and wash 3 lbs. cabbage. Cut in pieces. Cut 1 lb. of fat beef or lamb in small pieces. Finely chop 2 medium sized onions. Arrange alternate layers of cabbage, meat and onions in a saucepan, season to taste with salt and pepper. Add 2 sliced tomatoes and 3 cups of good broth or stock. Cook gently until the meat and cabbage are very tender.

Mrs. E. E. Nott

### BAKED WINTER SQUASH

Cut squash in quarters, scrape out the seeds and wash. the oven with shell side up, and bake for an hour or hour and one-half, according to the size of the pieces. When done scrape out of the shell, then add butter, salt and pepper.

Mrs. J. D. Macmillan

#### **CUCUMBERS**

Peel a cucumber quite thick to avoid the bitter flavor found near the skin. Slice in cold salted water 1 hour before serving. When ready to serve, put in dish and cover with lemon juice.

Mrs. C. Parnell Hickey

### SWEET POTATOES COOKED IN BACON

Peel good-sized potatoes and cook in boiling water for 15 minutes or until they are a little tender. Remove from water and place in a shallow pan. Add 2 tablespoonfuls of sugar and 1 of butter. one-third a cup of water over them, place in oven and bake 20 minutes. Remove from oven and wrap a slice of bacon around each potato, fastening it to the potato with a toothpick. Place in oven and cook 10 minutes. Mrs. J. M. Strieb

### PEA TIMBALES

Drain a can of peas and rub through a sieve, reserving 1-3 cup. the pea pulp add 2 beaten eggs, 2 tablespoons melted butter, 2-3 teaspoon salt, 1/8 teaspoon pepper, little cayenne, and a few drops of onion juice. Turn into buttered moulds or ramekins and set in a pan of water in the oven until firm. Turn out on hot serving platter and pour the whole peas around the timbales.

Mrs. W. F. McNeill

### BAKED EGG PLANT

Cut in halves from the stem to the bottom. Do not peel; cook in boiling salted water for 15 minutes. Carefully scoop out the pulp, chop and mix with 1 cup stale bread crumbs, season with salt, pepper, butter and 1 teaspoon finely chopped onion. Add 1 beaten egg. Refill the shells of egg plant, cover with buttered crumbs and bake 25 minutes.

Mrs. W. F. McNeill

### BAKED VEGETABLE MARROW

Carefully cut the top from a vegetable marrow and steam it until tender. Scrape out and discard the seeds and then scrape the vegetable marrow and mash. Melt 2 tablespoons butter and 2 tablespoons flour and 1 cup of milk, season with salt and pepper. Add to the vegetable mixture, return to shell, cover with crumbs and bits of butter, and bake until brown. Grated cheese may be used on top.

Mrs. S. C. Reat

### BAKED CORN

 $1\ \mathrm{can}\ \mathrm{corn},\ 2\ \mathrm{eggs},\ \mathrm{salt},\ \mathrm{butter}$  and a little sugar. Put in casserole and bake about 30 or 40 minute.

Mrs. F. D. Plummer

### POTATO PIE

Soak  $1\frac{1}{2}$  quarts of thinly sliced raw potatoes for 30 minutes. Cut  $\frac{1}{2}$  lb. salt pork in small pieces and put a layer in the bottom of a deep baking dish. Add a layer of potatoes and sprinkle with a little canned corn and a few stewed lima beans, season and repeat until the dish is filled, finishing with salt pork. Moisten slightly with the water in which the beans were boiled, then cover and bake for an hour in a moderate oven. Remove the cover the last 15 minutes so that the pork may brown and any excess liquid evaporate.

Miss I. N. Campbell

### TO PREPARE SAVORY POTATOES

6 potatoes 2 small onions

1 tablespoon fat

½ teaspoon salt ¼ teaspoon pepper 1 tablespoon chopped parsley

½ cup water ½ cup milk

½ cup grated cheese

Put the fat in the bottom of a saucepan, pare the potatoes, chop onions and parsley. Mix salt and pepper together on a saucer. Cut the potatoes into thin slices, and put a layer in the saucepan. Sprinkle in a little seasoning, then onions and parsley. Repeat until all are used. Then pour in water, covering tightly, and cook gently for 20 minutes. Now pour in the milk and cook for another 15 minutes. Lift the potatoes carefully to a flat dish and sprinkle the grated cheese over the top. (Cheese and parsley may be omitted.)

Mrs. F. G. Carpenter

#### STRING BEANS

String the beans and cut diagonally rather than straight across, serving diamond shaped pieces instead of squares. Boil with a little piece of bacon. When tender, drain. Serve with a cream sauce made with 1 teaspoon butter blended with 1 teaspoon flour to 1 cup of bottle top or cream. Season with salt and pepper. This amount of sauce is sufficient for 1 pint of beans (2 cups).

Mrs. C. Parnell Hickey

### FRIED RIPE TOMATOES

After frying mutton chops, leave all the grease in the frying pan, and put in nice ripe small tomatoes of a uniform size. Dip the grease with a spoon and pour over them to cook the upper side.

Mrs. C. Parnell Hickey

## SALADS and DRESSINGS

"To make a perfect salad there should be a spendthrift for oil, a miser for vinegar, a wise man for salt, and a mad-cap to stir the ingredients and mix them well together."

(DEM.) THOUSAND ISLAND DRESSING

To a pint of thick mayonnaise, add 1 stalk of chopped celery, 1 green pepper, 1 can pimento chopped, a very little onion, small bunch of parsley, 4 hard boiled eggs, all chopped, and a good sized bottle of chili sauce. Nice over head lettuce, crab or chicken without other dressing, but should not be mixed into the fowl or fish; simply cover it with the dressing.

Mrs. J. I. Lowenstein

(DEM.) SALAD DRESSING

1 tablespoon flour
2 tablespoons sugar
2 tablespoon mustard
3 or 2 eggs
4 teaspoon salt

1½ cups milk
Pinch cayenne pepper
Pinch black pepper
Pinch curry powder
Juice of 1 lemon

Cook over hot water. Beat cream until stiff, add salad dressing until it seems strong enough in favor. Excellent with fruit salad.

### (DEM.) FRUIT SALAD

6 good sized tart apples 3 large bananas

6 slices pineapple

Mrs. Louise Stoft

Mrs. Louise Stoft

EGG SALAD

Have eggs boiled hard. After removing shells, put them in pickled beet juice until the whites are colored, then cut lengthwise and serve on lettuce leaf with mayonnaise dressing.

Mrs. P. A. Hunter

### CABBAGE SALAD

½ small size cabbage 1 boiled carrot 1 cucumber 4 onion

1 stalk celery

Cut cabbage fine, dice or chop cucumber, celery, carrot and onion fine. Mix with boiled salad dressing and serve on crisp lettuce leaf. Garnish with beets cut with fancy cutter.

Mrs. S. E. Thorne

### CHEESE SALAD

Make ball of chopped walnuts and cream cheese moistened with salad dressing. Put in individual moulds and cover with lemon gelatine. Turn out on lettuce leaf and cover with salad dressing.

Mrs. J. A. Campbell

### (DEM.) TOMATO JELLY SALAD

2 teaspoons salt 2 tablespoons granulated gelatine 3 pepper corns 4 bay leaf

1 slice onion 1 teaspoon sugar

Celery leaves 3 cloves ½ cup cold water 1 tin tomatoes

Boil all together and put shell of egg in to clear while boiling. Strain and put in jelly moulds. Serve on lettuce leaf with mayonnaise.

### Mrs. R. B. Wheeler

1 tin salmon SALMON SALAD

4 small stalks celery 6 sour pickles.

Remove all bone and oil from salmon, mix well with celery and pickles. Serve with mayonnaise dressing.

Mrs. J. M. Johnston

### (DEM.) CHEESE BALLS-(To Serve with Salads)

1¼ cups grated cheese 1 teaspoon flour 1 saltspoon salt Pinch cayenne

2 eggs (whites)

Mix cheese with flour and seasoning. Beat whites stiff, add to first mixture, shape into balls and roll in cracker crumbs and egg and crumbs again. Fry in deep fat.

Mrs. H. B. Wright

### LOBSTER SALAD

½ lb. tin lobster, 3 hard boiled eggs. Mix together lobster and 2 hard boiled eggs with salad dressing, place on lettuce, and slice the remaining egg on top.

Mrs. J. Rauch

### CUCUMBER AND PINEAPPLE SALAD

2 tablespoons granulated gelatine
¼ cup cold water
1 cup hot water
1 cup vinegar
½ juice of lemon
½ teaspoon salt
1 cup diced cucumbers
1 cup shredded pineapple
¼ cup mayonnaise
¼ cup whipped cream

¼ cup sugar

Soak gelatine in cold water 5 minutes, add hot water and stir until dissolved. Add the sugar, salt, vinegar and lemon juice. When the mixture has begun to set, stir in the cucumber and pineapple, and pour into wet individual moulds. Serve when stiffened on crisp lettuce, garnish with mayonnaise dressing to which the cream has been added; sprinkle with paprika.

Mrs. S. E. Thorne

### FRUIT SALAD FOR SIX

½ lb. white grapes, seeded and cut in half
4 slices of pineapple, diced
½ large banana, sliced
½ medium pears, sliced
¼ lb. blanched almonds

Mix the fruit and nuts thoroughly. Let stand on ice until ready to serve. Then add ½ pint of stiffly whipped cream to which has been added 2 tablespoons of boiled dressing. Serve on lettuce leaf.

Mrs. C. P. Hines

### DRESSING FOR FRUIT SALAD

2 egg yolks, well beaten ¼ cup pineapple juice ¼ cup sugar ¼ cup orange juice

1/4 cup lemon juice

Boil in double boiler until smooth.

Mrs. V. Pearl Bateman

### THOUSAND ISLAND DRESSING

2 cups oil ½ cup vinegar Yolks of 3 eggs

Make this carefully into a smooth and well blended mayonnaise. It will take fully ½ hour, but the success of the dressing depends upon the mayonnaise. Now stir in slowly ½ pint chili sauce until well mixed with the mayonnaise. Then chop together (not too fine) 1 bunch chives, 2 hard boiled eggs, 2 pimentoes, ½ green pepper, some celery and raw tomatoes. Add paprika and salt to taste, and mix well with mayonnaise. This will make about 1 quart of dressing. It should be kept in a cool place and covered when not in use. It will keep quite a long time.

### PEACH SALAD

Make a salad of 1 cup chopped apple, 1 cup chopped celery, ½ cup chopped nut meats and mix with mayonnaise dressing. Take as many peaches (large halves are best) as desired, drain well, arrange on lettuce, and fill with the salad; place a little of salad dressing and whipped cream on top. Cut thin strips of celery, bend and insert both ends in peach to form handle.

Mrs. W. R. McFarlane

### SALAD DRESSING

2 tablespoons butter 1-3 cup sugar 1 tablespoon flour 1 teaspoon mustard 3 eggs, beaten well 1 teaspoon salt 1/4 cup vinegar 1 cup cream

Put butter and flour in double boiler. Beat the eggs well with a cup of cream. Include in this mixture, sugar, mustard and salt. Before taking off stove, add vinegar. In making fruit salad dressing use 2 or 3 lemons in place of vinegar.

Mr. E. T. Chritchley

### UNCOOKED SALAD DRESSING

1 can Borden's Eagle Brand cream 1 teaspoon salt (sweetened) 4/2 cup melted butter 3 eggs 4/2 cup vinegar

1 teaspoon mustard

Beat all with egg beater until thoroughly mixed. Set aside for butter to harden, and it will be quite heavy when ready for use.

Mrs. E. D. Plummer

### WHITE SALAD

1 quart cabbage (put through grinder), 2 cups marshmallows (cut in fours), 1 cup ground sweet almonds, 1 cup crushed pineapple and 1 apple diced.

### DRESSING

Whites of 4 eggs, % cup sugar, 1 tablespoon flour, juice of 3 lemons, 4 teaspoons white vinegar. Cook in double boiler until thick. Mix salad with dressing and let stand a few hours. Just before serving, add 1 pint whipped cream. Place on lettuce leaf and garnish with Maraschino cherry. Will serve 12 persons.

Mrs. Geo. W. Gates

### (DEM.) TOMATO AND LETTUCE SALAD

Scoop out medium tomatoes and fill with a mixture consisting of chopped cabbage, onion, celery, head lettuce, celery seed, moistened with boiled mayonnaise to which whipped cream has been added. Serve on lettuce leaf.

Mrs. B. H. Armstrong

### (DEM.) CRAB LOUIS

1 cup mayonnaise whipping)
1 cup whipped cream (after ½ cup catsup.
Serve over crab meat.

Mrs. L. D. Benedict

IMPERIAL SALAD

1 small can pineapple 1 tablespoon vinegar ½ can pimentoes 1 good sized cucumber 1 pkg. lemon jello

Drain the pineapple and add enough water to make 1 pint. To this add 1 tablespoon vinegar and bring to the boiling point; add a package lemon jello. When cool, add the cucumber which has been diced, and let stand in cold salted water for half an hour; pineapple cut fine and the pimentoes cut fine. Serve with mayonnaise.

Mrs. E. E. Nott

#### PINEAPPLE AND CUCUMBER SALAD

½ box lemon jello, 1 pint pineapple juice or water, 1 tablespoon sugar. Make in usual way; cool. Grind or chop together ½ large cucumber and 4 slices pineapple, nuts if desired; add to jello, mould, and serve on lettuce with any dressing. Serves 6 persons.

Mrs. D. W. MacLeod

#### MARSHMALLOW SALAD

1 large can pineapple, 1 cup blanched almonds, ½ pound marshmallows cut with scissors.

DRESSING

11/2 tablespoons flour blended with 1 tablespoon butter and 1 cup sweet cream. Cook until thick, chill and stir in carefully 1 cup sour cream and juice of 1 lemon. Mix with above and serve on lettuce. Will serve 12 persons.

Mrs. D. W. MacLeod

#### (DEM.) FISH SALAD

1 envelope Knox gelatine 1/4 cup cold water 1 can tuna fish 1 small bottle stuffed olives 1 cup chopped celery 2 teaspoons vinegar ½ teaspoon salt Few grains cayenne

2 small green peppers 34 cup boiled salad dressing 1/4 teaspoon paprika

Soak gelatine in cold water 5 minutes, add hot salad dressing, then cool. Add fish minced, celery, green peppers from which seeds have been removed, olives, salt, paprika, vinegar and cayenne. Turn into individual moulds. Serve on lettuce. This recipe will serve 6 persons.

Mrs. T. H. Harmon

#### HONEY SALAD DRESSING

1 cup whipped cream 1 tablespoon lemon juice 2 tablespoons strained honey Salt to taste

Serve on fruit salad.

Mrs. D. W. MacLeod

#### DUTCH SALAD DRESSING

1 tablespoon butter 2 eggs 1 cup vinegar 1 cup sugar 1 scant teaspoon mustard 1 dessert spoon flour

1 cup rich milk

Beat eggs, add vinegar (little at a time), add sugar, then milk, melted butter, flour and mustard; add sugar, stir and cook in double boiler until thick.

Mrs. George C. Hall

#### MAYONNAISE DRESSING

2½ tablespoons melted butter 1 tablespoon flour ½ tablespoon salt 1 egg 3/4 cup milk 34 tablespoon sugar

½ tablespoon mustard ¼ cup vinegar Cook in double boiler, add vinegar when it begins to boil; cook slowly

until thick. Beat with dover beater.

#### Mrs. G. Dickie

#### SALAD DRESSING

6 eggs 1/2 teaspoon salt 1-3 cup sugar Dash of pepper 1 teaspoon mustard 1 cup white malt vinegar

Heat vinegar and then add other ingredients which have been thor-

oughly mixed. Thin with cream or whipped cream,

Mrs. C. P. Hines

#### (DEM.) SWEET SALAD DRESSING

2 eggs 1 cup powdered sugar 1 orange 1 lemon

Beat white of eggs stiff, then add yolks and beat. Add juice and rind of orange and lemon. Add sugar. Turn in double boiler and cook. When cold, add whipped cream.

(1 pint of cream may be used, ¾ of which can be added to mixture and ¼ kept for decorating top of salad, together with chopped walnuts

and cherries.)

Mrs. H. Law

#### VEGETABLE GELATINE SALAD

1 envelope gelatine
½ cup sugar
½ cup cold water
½ cup mild vinegar
1 small bottle olives stuffed with
1 pint boiling water

ye cup sugar
1 small bottle olives stuffed with
1 pint boiling water
2 pinentoes, sliced very thin
3 cup sweet cherkin pickles chopped

1 teaspoon salt
2 cup sweet gherkin pickles chopped
3 cup finely shredded cabbag finely

1 cup celery, cut fine

Soak gelatine in cold water 5 minutes, add vinegar, lemon juice, sugar, salt and boiling water. Boil all together 1 minute. Set aside to cool. When it becomes the consistency of rather thin gravy, add the remaining ingredients. Put in individual moulds to set. Serve on lettuce leaves with salad dressing. Nice to serve with any cold meat or for a luncheon dish.

Mrs. J. M. Streib

#### FROZEN SALAD

2½ cups sugar Cherries

1 pint whipped cream Peaches may be added also

Take 1 cup of pineapple, juice of 1 lemon and boil with  $2\frac{1}{2}$  cups sugar (more if not sweet enough), put 2 tablespoon gelatine in 1 cup boiling water, add to pineapple mixture, and let come to hard boil; cool. When it starts to harden, mix  $\frac{1}{2}$  pint of whipped cream and beat. Then add marshmallows, etc.

Mrs. S. S. Savage

#### SHRIMP SALAD

1 can shrimps (dry pack), 1 cup shelled peanuts broken in small bits, 1 cup celery diced fine, 2 cups raw tomatoes diced fine; mix and

cover with a dressing made as follows:

Melt ½ lb. butter, beat up 1 raw egg, add pinch of salt, 1 teaspoon prepared mustard, ¼ teaspoon paprika and juice of ½ lemon, with an egg beater; beat in the melted butter. When perfectly cool, add 1 teacup of heavy sour cream and beat up again with an egg beater. (Whipped sweet cream may be used.) This is delicious.

Mrs. A. J. Voss

#### PEA SALAD

1 can sifted peas ½ cup diced cheese

2 or 3 large apples ½ cup nuts, cut in small pieces

1 cup diced celery

Mix with cooked salad dressing.

Mrs. V. Pearl Bateman

#### HAM AND VEGETABLE SALAD

1 cup celery cut in dice, 1 cup green peas, 2-3 cup cooked ham cut fine. Mix with mayonnaise dressing, and serve on a lettuce leaf.

Mrs. V. Pearl Bateman

#### PRUNE SALAD

Take very large prunes, soak over night, then steam and chill; add equal amount of diced celery, a few blanched almonds and finely cut olives. Moisten with mayonnaise dressing.

Mrs. V. Pearl Bateman

#### MOCK CHICKEN SALAD

3 lbs. pork tenderloin, boil until tender, let cool and cut fine; add 1 cup of liquid, then add: 2 heads celery (chopped fine), % lb. walnuts chopped, 1 small bottle stuffed olives, pepper and salt to taste. Stir in salad dressing when ready to serve. Serve on lettuce leaves with olives on top. This quantity will serve about 30 people.

Mrs. J. A. Campbell

#### COMBINATION SALAD

2 cups minced cabbage
½ cup minced celery
½ cup minced carrots
2 sweet green peppers

1 cup hot vinegar 1 teaspoon salt 14 teaspoon pepper 3 tablespoons oil

3 tablespoons sugar

Put vegetables in bowl, season with salt, pepper and sugar, pour over vinegar brought to boiling point. Let stand until cool and stir in oil. Serve with lettuce. Vegetables should be cut in uniform size.

Mrs. G. B. Griffith

#### BANANA AND CELERY DRESSING

6 small bananas

6 pieces celery

6 tablespoons peanut butter

Stuff the celery with the peanut butter and then cut into small pieces; arrange on beds of lettuce, with bananas either sliced or dices. Serve with a boiled dressing or mayonnaise.

Mrs. S. E. Thorne

#### ASPARAGUS SALAD

Whip ½ cup cream, beat in ¼ cup tomato catsup, ¼ teaspoon salt, 2 teaspoons lemon juice. Arrange cold tender asparagus tips on lettuce, and put as much of dressing on as desired.

Mrs. W. R. McFarlane

#### VITAMINE SALAD

1 small head lettuce 6 small oranges 6 tomatoes (the size of an orange after being peeled)

Serves 6 persons.

Peel oranges and slice in rounds. Slice the tomatoes likewise. Arrange on lettuce on individual plates in a circle, having one slice of the orange and one of the tomato alternating and overlapping each other all the way around. Serve either with French or cooked salad dressing.

The above salad is very attractive to the eye as well as healthful, and

can be served daily without the family tiring of same.

Mrs. D. Hage

#### ARGYLE SALAD

Place canned apricots on lettuce leaves. Chop English walnut meats and marshmallows over the fruit, and use the following cooked dressing:

Yolk of 4 eggs, 4 tablespoons vinegar, 1 tablespoon sugar, 1 teaspoon salt, 1 teaspoon dry mustard, 1 teaspoon butter. When cool, add 1 cup whipped cream and dash of cayenne pepper.

Mrs. C. H. Harry

#### BANANA SALAD

Divide bananas in 2-inch lengths, marinate in salad dressing, then roll sides and ends in chopped walnut meats. Serve on lettuce leaf.

Mrs. C. Parnell Hickey

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CALGARY

#### (DEM.) MAYONNAISE DRESSING

2 teaspoons made mustard or salad mustard, 1 whole egg, 1/2 teaspoon salt, dash cayenne pepper, ½ teaspoon sugar, ½ teaspoon paprika. Beat with dover egg beater, and add oil until quite trick. Add about 2 table-spoons at a time. Will take 1 cup of oil or more. Add lemon juice to taste. Mrs. Louise Stoft

#### MOLDED CHICKEN SALAD

1 cup highly seasoned chicken stock, 212 tablemoons gelatine, 2 tablespoons chopped green peppers, 2 cups boiled chicken coursely chopped, 1 cup chopped celery, ½ cup mayonnaise dressing. To chicken stock, add gelatine and let stand 15 minutes, heat gradually to the boiling point, then set in pan of cold water and stir until mixture begins to thicken. Add mayonnaise, green pepper, chicken and celery. Put in individual moulds, and serve on slices of tomatoes.

Mrs. T. H. Harmon

#### GOLDEN SALAD DRESSING

2 eggs 1/4 cup any light colored fruit juice 1/4 cup sugar (pineapple)

1/4 cup lemon juice

Beat eggs, add sugar, then juice, and cook over hot water. dressing is for fruit salads.

Mrs. M. P. Johnston

#### BLACK EYED SUSAN SALAD

Separate oranges into sections, cut figs into dice with equal parts of celery. Moisten with dressing made of lemon. Arrange as a daisy on lettuce leaf. Very pretty.

Mrs. James R. Scott

#### ROSY APPLE SALAD

Core and peel number of apples required. Make a syrup with a proportion of 1 cup sugar to 1 pint water and 1 teaspoon fruit coloring. When syrup is boiling, drop in apples. Boil slowly, turning the apples occasionally so they will be colored evenly. When apples are tender, cool. These should be made the day before using, so they can stand in syrup long enough for the color to soak through them. Put 1 apple on lettuce leaf, and cover with whipped cream and chopped nut meats.

These can also be used as a garnish for a pork roast.

Mrs. Geo. Edworthy

#### BEET SALAD

Chop 6 medium sized beets fine after boiled. Pare, core and chop 4 apples. After skinning and boning, flake a small box of sardines fine and add to the beets and apples. Add boiled salad dressing enough to moisten the salad. Garnish with hard boiled eggs dusted with paprika. Chill and serve on lettuce leaves.

Mrs. A. E. Whitlock

#### SALAD COMBINATIONS

Lettuce, canned or fresh pears, cheese balls, salad dressing. Iettuce, asparagus, strips of pimento, dressing, cheese straws.

Lettuce, green peas, sweet pickles, grated cheese. Lettuce, cream cheese, moulded with minced pimentoes and olives.

Lettuce, tomatoes with mint chopped fine in French dressing.

Lettuce, chopped ripe tomatoes, chopped green cucumbers and green peppers.

Lettuce, moulded spinach and hard boiled eggs or beets. Lettuce, whole ripe tomatoes; scoop out centres and fill with boiled cauliflower and salad dressing.

Mrs. T. H. Harmon

Lettuce, radish, cucumber. Eggs, cheese, cucumber. Meat, celery, nuts. Celery, cabbage, nuts. Apples, celery, nuts. Banana, nuts, lettuce leaves. Apples, pineapple. Oranges, bananas, candied cherries. Pineapple, white grapes, marshmallows. Pineapple, cheese, marshmallows. White cherries, celery, almonds.

Mrs. C. H. Harry

#### CLUB HOUSE SALAD

Cook 15c worth Club House macaroni (or the kind that is cut in short lengths) in boiling water which has been salted. When tender, cool by running cold water through it. Add 1 tin of shrimps broken in small pieces, 2 hard boiled eggs cut up, pimentoes, onions and plenty of highly seasoned salad dressing. Instead of using plain pimentoes, it is an improvement to use olives stuffed with pimentoes, also 8 or 10 sweet gherkin pickles finely chopped.

Mrs. J. M. Strieb

#### VEGETABLE SALAD

Two cups fresh tomatoes diced, 1/2 cup each onion and green pepper with seeds removed, put through food chopper. Mix all ingredients together, add salt and drain 15 minutes. Mix with salad dressing, and serve on lettuce leaves.

Mrs. J. M. Strieb

#### FRENCH FRUIT SALAD

8 bananas 1 lb. Malaga grapes

6 oranges

2 cups English walnut meats 2 bunches celery

#### DRESSING

4 eggs

1 cup vinegar

1 cup sugar 1 scant teaspoon flour 1 scant teaspoon mustard Pinch salt

Mix the dry ingredients with the eggs beaten very light, add vinegar, cook until smooth and thick, stirring constantly, then add butter and as much whipped cream as desired.

Mrs. L. D. Benedict

#### MAYONNAISE DRESSING

2 cups oil 1 egg

1 tablespoon vinegar 34 teaspoon salt

34 teaspoon mustard

Beat the eggs, mustard, salt and vinegar together, then add the oil slowly (drop by drop until it starts to thicken). Keep in a cool place.

Mrs. J. D. Macmillan

#### SALAD DRESSING

(To utilize yolks left over from Angel Cake)

Yolks of 13 eggs and ½ cup vinegar cooked over hot water until thick. Mix together 5 level teaspoons salt, 1 level teaspoon pepper, 1 rounded tablespoon mustard, 4 tablespoon sugar; stir in 3 tablespoons vinegar and add to first mixture, cooking a few minutes only. Remove from fire, and add 6 tablespoons melted butter.

Mrs. W. F. McNeill

#### STUFFED TOMATO SALAD

Peel tomatoes, chill, remove seeds and pulp. Put 1 teaspoon French dressing in each and stand in ice box until ready to serve. Then fill with equal parts of finely chopped celery and nuts and pulp. Serve on lettuce with mayonnaise.

Mrs. H. Clum

(DEM.) STUFFED GREEN PEPPER SALAD

Cut tops of peppers, remove seeds and let stand over night in cold salt water.

Stuffing

2 cups diced cold chicken

1 cup celery, cut medium fine

1 medium size green pepper, chopped fine

1/4 teaspoon salt

Mix well stuff pepper, put 1 teaspoon dressing on top, then put on the top of pepper. Serve on lettuce leaf.

Dressing

2 egg yolks, beaten

1 teaspoon salt 1 25c tin Eagle Brand milk ½ teaspoon mustard 1 cup vinegar 2 egg whites

Dissolve the mustard in a little of the vinegar. Mix well together; add stiffly beaten egg whites last. Ready for use (not cooked).

Mrs. C. Parnell Hickey

DAISY SALAD

Hard boiled eggs divided into about eighths, thus making 16 petals. Separate the yolks from the whites and arrange whites on a leaf of lettuce to represent a daisy. Mix yolks with a little salad dressing and seasoning; drop on the center of the whites. Miss I. N. Campbell

CREAM SLAW

Shave cabbage as fine as possible, put into large salad bowl from which it is to be served. Make a dressing of 1 egg, 3 tablespoons sugar, scant teaspoon salt, a little pepper, 1/4 cup sour cream, 1 teaspoon butter, ½ cup weak vinegar. Boil and pour over the cabbage while hot.

Mrs. A. L. Shirley

1/4 teaspoon mustard seed

1/4 teaspoon celery seed

1/4 cup dressing Dash black pepper

(DEM.) CHEESE STRAWS (To Serve with Salads)

Roll puff or plain paste 1/4 inch thick, sprinkle one-half with grated cheese to which has been added a few grains of salt and cayenne. Fold, press edges firmly together, fold again, pat and roll out 1/4 inch thick. Sprinkle with cheese, and proceed as before; repeat twice. Cut in strips 5 inches long and 1/4 inch wide. Bake 8 minutes in hot oven.

Mrs. H. J. McEwen

CHEESE STRAWS

1 cup flour

½ teaspoon baking powder

1 cup flour
½ cup cheese, grated
½ cup butter
Yolk of 1 egg
Put the butter lightly into the flour sifted with baking powder, add cheese, salt and tobasco. Mix with yolk of egg and lemon juice. Roll out on floured board, cut into strips the desired size. Bake about 10 minutes

CHEESE CARROTS

Cream a package of pimento cheese and shape into small carrots. Put a small sprig of parsley in the large end.

CHEESE FRUIT

Shape cheese into small apples, slightly flatten the ends. Put a small clove in the blossom and a leaf in the stem end. Tint a red cheek with fruit color. Pears are made the same way, except elongated in shape.

CHEESE WALNUTS

Take a piece of cream cheese, moisten with salad dressing. Place 1/2 walnut on each side, flatten slightly like an old-fashioned walnut cream. To serve with salads. Mrs. W. F. McNeill

(DEM.) STUFFED CELERY

Cut crisp celery in 1 inch lengths and stuff hollow side with cream cheese. One may use ordinary cheese grated, and moisten with salad dressing. Mrs. P. D. Bowlen

### **PUDDINGS**

"The proof of the pudding is the eating thereof."

#### INDIAN PUDDING (Without Indian Meal)

2 quarts skim milk 4 tablespoons rice

½ cup sugar 2-3 cup molasses 1 teaspoon vanilla 1 teaspoon cinnamon Butter size of walnut

3 or 4 sweet apples (quartered) Cook all together in double boiler until it thickens, then bake in a

slow oven 2 or 3 hours.

Mrs. O. W. Clarke

#### APPLE PUDDING

½ cup sugar 1 tablespoon butter ½ cup of milk

1 egg

1 teaspoon baking powder

Flour to make thickness of cake batter, pour over sliced apples, and bake.

Mrs. J. H. Manley

#### MARSHMALLOW PUDDING

½ lb. white marshmallows ½ pint whipping cream

Can of sliced pineapple

Cut marshmallows in small pieces with scissors or sharp knife, and soak over night or during day in the juice of one can of pineapple. When ready to serve, beat this mixture until smooth, add sliced pineapple cut into pieces, and the cream whipped until stiff. Serve cold in sherbet glasses.

#### Mrs. O. W. Clarke

#### CARROT PUDDING

1 cup of suet (fine)

1 cup of sugar 1 cup of seeded raisins 2 eggs

1 cup of grated raw potatoes
1 cup of grated raw carrots 1½ cups flour

2 teaspoons cinnamon Vanilla, lemon

1 teaspoon soda 1 teaspoon nutmeg

Steam 3 hours.

CARAMEL SAUCE

Brown slowly 1 cup granulated sugar in saucepan; when clear, add 11/2 cups boiling water, butter size of a walnut, salt; thicken with cornstarch.

#### Mrs. Guy Armstrong

SNOW PUDDING

3 tablespoons cornstarch dissolved, 1 pint boiling water poured over Put in the whites of 3 eggs beaten stiff. Steam 15 minutes; set away to cool.

Sauce

Yolks of 3 eggs 1 cup of milk

½ cup sugar

Butter size of a walnut

Boil and flavor. Mrs. Ira Ferguson DELICIOUS PUDDING

3 eggs, beaten ½ lb. dates

1 cup sugar 4½ tablespoons cracker crumbs

1 teaspoon baking powder ½ lb. English walnuts

Put dates, crackers and nuts through food chopper, mix together, and bake in very slow oven 1 hour. When cool, serve with whipped cream. Mrs. G. Dickie

Mix I cup brown sugar and 1/4 cup cornstarch, add 1/2 cup boiling water slowly, then add to I cup scalded milk, stir until thick, cover and cook 15 minutes. Remove from fire, add 3/4 cup broken Diamond Walnut kernels and 2 egg whites beaten stiff. Pour into individual molds, rinsed with cold water. When ready to serve, turn out and garnish with 1/2 cup very stiff whipped cream mixed with 2 tablespoons powdered sugar, 1/4 teaspoon vanilla and 1/4 cup whole walnut kernels. (Servesitz.)



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#### RAISIN PUDDING

2 eggs 1/2 cup of butter

1 cup sweet milk 1 cup raisins

2 tablespoons sugar

2 cups of flour

3 teaspoons baking powder

Steam 1½ hours.

Sauce

1 cup powdered sugar

14 cup butter

Beat thoroughly, add 1 cup whipped cream. Flavor to taste. Mrs. C. C. Morse

#### QUEEN OF ALL PUDDINGS

1 pint of bread crumbs

1 cup of sugar

1 quart of milk 4 eggs

Juice and rind of 1 lemon 1 tablespoon butter

Soak the crumbs in the milk for a half hour. Beat the yolks and sugar together until light, then add to the crumbs and milk; mix and add the lemon. Pour into the pudding dish and bake in a moderate oven

half an hour.

Whip the whites of eggs until stiff, add to them 4 tablespoons of powdered sugar, mix well. When pudding is done, put over the top a layer of the whites, then a layer of fruit jelly (any kind you may have), then another layer of whites, and put back in the oven to brown slowly. Serve cold with cream sauce. This will serve 8 persons.

#### Cream Sauce

1 pint cream

2 tablespoons powdered sugar

½ teaspoon vanilla

½ nutmeg, grated

Add the sugar and vanilla to the cream, stir until the sugar is dissolved, add the nutmeg, and stand in a cold place until wanted.

Mrs. D. Hage

#### ENGLISH PLUM PUDDING

1 lb. bread crumbs

1 lb. currants 1 lb. sultanas

1 lb. brown ugars 1 oz. sweet almonds 1 lb. stoned raisins 1 lb. suet, chopped fine ½ lb. mixed peel, cut fine

½ lb. fllour

1 teaspoon nutmeg and allspice 6 eggs

1 oz. bitter almonds ½ teaspoon salt

1 glass of brandy

Mix dry ingredients thoroughly, then beat eggs into mixture; if too dry, add a little milk. Let set over night, add brandy in the morning. Boil 8 hours. Keep filling with boiling water. Grease pans with drippings.

#### Sauce

½ cup brown sugar 1 tablespoon flour

¼ cup of butter

Melt butter, add sugar and flour and brown. Then add water, stir until smooth. Add 1/4 glass of brandy just before serving.

Mrs. S. E. Thorne

#### BAKED APPLES

6 large apples 2 tablespoons butter

1 cup brown sugar ½ teaspoon powdered cinnamon 1 tablespoon flour

Round red Northern Spies are best. Wipe and remove cores, then fill centres with the following mixture: Cream the butter and half the sugar, add flour and cinnamon, and mix well. Bake in hot oven until soft. Baste well with remainder of sugar stirred with a little water. There should be a rich thick gravy around apples when baked.

Mrs. A. H. Dahners

(DEM.) BREAD PUDDING

Scald 1 quart of milk, add 1 cup of sugar which has been caramelized. When caramel is dissolved, pour the milk over 2 cups of stale bread crumbs, add 2 eggs slightly beaten, ¼ cup of sugar, ½ teaspoon salt and 1 teaspoon vanilla. Pour into buttered pudding dish, and bake slowly 1 hour. Serve with cream, plain or beaten.

Mrs. J. A. Campbell

#### PLUM PUDDING

(More Than 100 Years Old)

1 lb. suet ½ lb. citron

1 lb. currants 3 cups stale bread crumbs

1 grated nutmeg 5 heaping tablespoons brown sugar

1 cup flour 1 teaspoon cinnamon 1 teaspoon mace 6 eggs

4 large tablespoons cream 2 gills wine, brandy, or orange Grated rind of 1 lemon

1 lb, raisins

Roll fruit in flour, moisten bread crumbs with cream. Beat yolks of eggs, stir in all the ingredients, and lastly the whites of eggs. Allow 1/4 space for raising in pudding bag, and boil constantly for 6 hours.

Mrs. W. F. McNeill

#### BATTER FRUIT PUDDING

½ cup sugar ½ cup suet 1 cup of currants 1 cup chopped raisins

1 egg 1½ cups flour

1 ½ teaspoons baking powder Salt

1 cup milk Add a pinch of cloves, cinnamon and mace. Steam from 3 to 4 hours.

Mrs. W. I. Ovans

#### SUET PUDDING

1 1/2 cups flour, sifted 1-3 teaspoon salt

½ cup raisins 1-3 cup walnuts, ground fine 1/2 cup sour milk ½ cup suet

½ cup molasses ½ teaspoon soda

Mix all dry ingredients together, then add milk and molasses. Steam 3 hours.

#### Sauce for Same

1 cup of drawn butter 11/2 cups powdered sugar ½ cup thick cream Vanilla to taste Cream butter and sugar well, and add the cream and vanilla.

Mrs. J. A. Seymour

#### MOLASSES STEAM PUDDING

1 cup lukewarm water ½ cup New Orleans molasses

Pinch salt 2 yolks of eggs

1 cup raisins 1 heaping cup sifted flour

1 teaspoon soda, dissolved in hot water

Steam 2 hours.

#### Pudding Sauce for Same

1/2 cup butter 34 cup powdered sugar

2 whites of eggs, beaten Beat to cream and flavor. Mrs. R. B. Wheeler

#### FIG PUDDING

½ lb. figs, chopped fine 1/4 lb. suet ½ lb. bread crumbs 3 eggs

1 cup sugar 3 tablespoons syrup

Salt and nutmeg to taste; mix well and boil or steam 3 hours. Serve sweet sauce.

Mrs. F. M. Curtis with sweet sauce.

1/2 hour.

#### APRICOT PUDDING

1 pint flour ½ teaspoon salt ¾ cup milk 3 teaspoons baking powder ½ cup sugar 1 well beaten egg

Lump of butter Fixee in shallow buttered pan and lay in enough canned apricots to cover the dough. Sprinkle well with sugar. Bake in a moderate oven

DATE SOUFFLE

2 cups dates 2 tablespoons sugar 2 tablespoons milk

1 cup nuts 2 eggs 2 tablespoons flour

1 teaspoon baking powder

Serve with whipped cream.

Mrs. J. M. Johnson

Mrs. R. B. Wheeler

#### PUDDING WHOLE WHEAT

¼ cup butter ½ cup molasses ½ cup milk 1 egg

1½ cups whole wheat flour ½ teaspoon soda 1 teaspoon salt

1 cup raisins (chopped)

Melt butter, add molasses, milk and well beaten eggs. Add dry ingredients wixed and sifted; add raisins. Steam in buttered mould  $2\frac{1}{2}$  hours. Serve with pudding sauce.

Mrs. W. Hugh Dingle

#### LEMON PUDDING

2 eggs 1 cup sugar 1 tablespoon flour 1 cup of milk Salt

Juice and rind of 1 lemon

Mix egg yolks, flour, salt, sugar, milk and lemon. Add stiffly beaten whites, folded in. Cook 30 minutes in slow oven in pan of warm water. Serve hot with cream. This pudding has the effect of a lemon jelly on bottom and sponge cake on top.)

Mrs. Guy Armstrong

#### LEMON PUDDING

1 pint water, juice and rind of 1 large lemon, 1 cup sugar; boil in double boiler. Thicken with 2 large tablespoons cornstarch blended with enough water to mix. Remove from stove, and add the whites of two eggs beaten stiff.

#### Second Part

1 pint milk in double boiler, 1 teaspoon cornstarch mixed in milk. Beat yolks of 2 eggs with ½ cup sugar and 1 teaspoon vanilla. Add all together and cook. Serve with the above.

Mrs. P. A. Hunter

#### DATE PUDDING WITH LEMON SAUCE

½ cup butter 1 cup brown sugar 1 egg 1 teaspoon cinnamon 1 cup sour milk 1 teaspoon soda 2 cups flour ½ cup walnuts

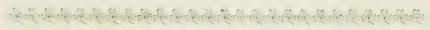
1 teaspoon cloves ½ lb. dates Cream butter and sugar, add egg. Sift spices with flour. Dissolve soda in milk and add flour and milk. Add nuts and dates cut and floured. Bake 1 hour slowly. Steam as needed.

Lemon Sauce

½ cup butter 1 cup granulated sugar Grated rind and juice of 2 lemons 11/2 cups boiling water

1 egg 1 tablespoon cornstarch Cook for 10 minutes in double boiler.

Mrs. W. E. McMahon



## FOR BETTER RESULTS USE

### SHAMROCK SHORTENING

#### BRANDY SAUCE

1/2 cup butter

1/2 cup sugar

2 eggs

Stir to a cream, then put into a double boiler and cook until thick. Add brandy to taste, and serve hot.

Mrs. J. I. Lowenstein

#### DELICIOUS STEAM PUDDING

½ cup sugar 1/2 cup butter

1 cup buttermilk 1 teaspoon soda

1 egg 1 cup raisins. Add flour until as stiff as cake dough, then cup of stoned and chopped

raisins. If you wish, do not add so much butter and add some chopped walnuts. Sauce

Rind and juice of 1 orange

1 cup butter

2 eggs 2 cups powdered sugar Beat eggs very light. Place in pan of boiling water and cook until you cannot taste egg.

Mrs. Claude Terwilliger

#### (DEM.) CARAMEL TAPIOCA

½ cup white sugar 11/2 pints hot milk 2 tablespoons minute tapioca 2 egg yolks 1/8 teaspoon salt ½ teaspoon vanilla

Caramelize sugar, add hot milk; when sugar is dissolved, add tapioca. Cook 15 minutes, add egg yolks and salt. When thick remove from fire, and frost with egg whites beaten stiff, flavored and sugar.

Mrs. E. H. Reed

#### DATE AND NUT PUDDING

1 cup of dates cut small, 1 cup nuts, 1 cup sugar, 1 small cup of flour, 2 heaping teaspoonsful of baking powder. Mix dry ingredients together, and add ½ cup milk, 3 eggs (beaten separately). Bake in a slow oven, and serve with drawn butter sauce.

Mrs. C. J. Henderson

#### STEAMED CHOCOLATE PUDDING

1/2 cup butter 1 cup sugar

2 eggs, separated

½ cup milk

2 cups flour 2 teaspoons baking powder

2 squares Baker's cocoa 1 teaspoon vanilla

Cream butter and sugar; add milk and eggs (yolks) beaten together: add flour, vanilla, baking powder and whites beaten stiff. Lastly chocolate which has been melted over fire with 1/4 cup water. Steam 2 hours,

#### Sauce for Same

1 well beaten egg

1 cup cream, whipped

2 tablespoons melted butter

Flavor with brandy or vanilla

1 cup powdered sugar

Beat egg whole; then beat in the melted butter, then sugar. Set aside to cool. Just before serving, beat in the whipped cream and add flavoring.

Mrs. J. H. Rutherford



## FOR BETTER RESULTS USE

### SHAMROCK LARD

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#### JERUSALEM PUDDING

4 cup rice
3 ozs, preserved ginger
4 box gelatine
5 cup powdered sugar

3 figs
½ cup sherry
1 pint cream
1 teaspoon vanilla

Boil rice 20 minutes; drain and throw into bowl of cold water. Cut figs and ginger into tiny pieces, cover with sherry and soak 15 minutes. Cover gelatine with ½ cup cold water and soak 30 minutes. Whip cream and put on ice; sprinkle with sugar and vanilla. Drain rice, spread on towel to dry, add it to cream, and then add the fruit. Place gelatine over hot water till dissolved, then stir into cream carefully and constantly until thoroughly mixed and it begins to thicken. Turn into mould and let stand from 1 to 2 hours. This can be sliced down and served with or without whipped cream.

Mrs. J. H. Rutherford

#### (DEM.) APPLE SNOW

3 apples grated, ½ cup sugar, 1 egg white. Pour sugar over apples and white of 1 egg beaten until stiff and pure white. Make a custard (cream pie filling), place in sherbet glasses, and put the apple snow on top.

Mrs. F. D. Carpenter

#### (DEM.) APPLE GLACE WITH MARSHMALLOWS

Make a syrup of a cup each of boiling water and granulated sugar; in this cook 6 or 7 apples, cored and pared. Turn apples often to keep them whole, and make sure they are tender by testing with a skewer. Remove them to a baking dish as they are done, baste with the syrup and dredge generously with sugar, set into hot oven to glaze them. Remove to serving dish with a spatula; pour syrup from the two dishes around the apples, and when slightly cooled, press 1 or 2 marshmallows into the centre of each. Serve with or without cream. Cherries may be used instead of marshmallows.

Mrs. S. S. Savage

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## FOR BETTER RESULTS USE

SHAMROCK SHORTENING

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## FANCY DESSERTS

"A feast of nectar'd sweets."

#### (DEM.) CARAMEL MOUSSE

34 cup sugar ½ cup water

1 cup evaporated milk 2 teaspoons gelatine

1/4 cup water 1 egg white 2 teaspoons vanilla 1/4 teaspoon salt

Make 1/2 cupful of the sugar and 1/2 cupful of water into caramel. Place the pan of evaporated milk into a pan of warm water, allow it to come to a boil over the flame, and then cool the can in the refrigerator. Soften the gelatine with the ¼ cupful of water, and then dissolve in the caramel while it is boiling hot. Pour the cold milk into a bowl, add the egg white, and beat together vigorously. When the gelatine and caramel have become cool and have started to set, gradually add the mixture to the milk and egg white, beating constantly. If it is desired to hasten the thickening process, set the bowl in which the mixture is being made in a pan of ice. Add the rest of the sugar, vanilla and salt; continue beating until the whole begins to thicken. Place in mould and freeze in a pan of ice and salt. When frozen, turn from mould onto a platter, and garnish with canned peaches. Over each serving pour some of the peach juice which has been boiled to a thick syrup.

Mrs. G. W. Monroe

#### (DEM.) CARAMEL BAVARIAN CREAM

1/4 pkge. gelatine

¼ cup cold water ¾ cup hot milk with 2 tablespoons

½ cup sugar, caramellized

1/4 teaspoon salt

2 yolks of eggs

1 cup whipping cream 1 teaspoon vanilla

½ cup cream from top of milk bottle

Soften gelatine in cold water, heat milk and sugar to scalding in double boiler, add caramellized sugar and stir until melted; beat yolks, then cook in the hot milk until mixture coats the spoon; add the softened gelatine, and strain. Set in a dish of cold water and stir until beginning to thicken, then fold in the cream and 1/2 cup bottle top beaten together until firm. Set aside to become firm.

Mrs. H. J. McEwen

#### PINEAPPLE CREAM

1 tin grated pineapple 1 scant cup white sugar ½ box Knox gelatine soaked in cold water

½ pint whipping cream

Boil the first three ingredients 10 minutes, and set away to cool. When nearly cold, stir in the whipped cream.

Mrs. H. E. O'Neil

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### SHAMROCK LARD

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#### TAPIOCA JELLY

1/2 cup of tapioca, soaked in 1 quart of water over night. In the morning add: 1 cup brown sugar, pinch salt. Bake until transparent. Serve with whipped cream. Mrs. H. E. O'Neil

#### APPLE WHIP

Cook 2 or 3 apples until soft, rub through a fine sieve. Beat white of 1 egg. Add 1 tablespoon of sugar, and beat with the apple. Serve with whipped cream. Mrs. H. Law

#### PRUNE WHIP

2 cups prune pulp ½ cup sugar

½ cup whipping cream

Remove the stones from cooked prunes until there are 2 cups. Mash the prunes by putting them through a sieeve. To this pulp, add the sugar, juice of 1/2 orange, and fold in the whipped cream. Serve in sherbet glasses, and decorate the top with the slices of the remaining half of orange. Mrs. D. A. Hage

#### PURNE WHIP

Sweeten to taste 1 lb. of prunes. When cold, rub through colander. Add whites of 4 eggs beaten stiff. Stir all together until light. Put in a dish, and bake 20 minutes. Serve with whipped cream.

Mrs. Ira Ferguson

#### PINEAPPLE SPONGE

Beat yolks of 3 eggs and add ½ cup of pineapple juice, 3 table-spoonfuls of lemon juice, ½ cup of sugar. Cook until it thickens. Add 1½ tablespoonfuls of gelatine which has been dissolved in one-fourth of a cup of cold water. When nearly cold, add beaten whites of eggs, and a cup of grated pineapple. Serve with whipped cream.

Mrs. C. J. Henderson

#### MAPLE MOUSSE

2 eggs 1 cup maple syrup 1 pint whipped cream

Beat whites and yolks of eggs separately. Heat syrup and pour into yolks; fold in the cream and whites of eggs, and freeze.

Mrs. F. T. Campbell

#### (DEM.) PINEAPPLE DAINTY

Place a square piece of Angel Cake in a tall individual glass; above that a square piece of Angel Cake in a tan individual glass, above this set a slice of canned pineapple partially cut into pieces for eating, but still holding its shape. To the juice from the can of pineapple add a little sugar and 1 or 2 tablespoonfuls of lemon juice, and cook to a syrup. Add enough of the red liquid from a bottle of maraschino cherries to tint the syrup, or tint with red color paste. Pour this syrup over the pineapple and cake. Put a spoonful of whipped cream on the pineapple

and garnish with a cherry.

Mrs. E. J. Munson



## FOR BETTER RESULTS USE

### SHAMROCK LARD

#### (DEM.) DUCHESS CREAM

1 large cup of tapioca (not the quick cooking kind) soaked over night in 1 pint of cold water. Cook slowly, adding 1 teaspoon salt and the juice from one tin of sliced pineapple with enough boiling water added to make 1 quart. Cook until clear. Remove from the fire and add 2 cups of sugar, juice of 2 oranges, juice of 2 lemons and pulp of one. When cold, add the well beaten whites of 4 eggs. If the mixture seems stiff, add a little more cold water or fruit juice. Serve in sherbet glasses with or without whipped cream. This serves about 14.

Mrs. J. M. Streib

#### MAPLE BISQUE

1 cup rich maple syrup 1 pi 4 eggs

1 pint cream

Cook carefully in granite saucepan the syrup and yolks of eggs, which have been thoroughly mixed together; stir continuously until it boils. Remove from fire; strain and set aside to cool. Whip the cream and add it to the stiffly beaten whites of eggs; whip the first mixture till it is light, and stir all together. Put in mould or cans; if in mould freeze 4 hours; cans, 3 hours. Put waxed paper above bisque, under the cover. In packing use more salt than for ice cream.

Mrs. J. H. Rutherford

#### FROZEN FRUIT MAYONNAISE

1 cup mayonnaise 1 cup whipped cream 2 teaspoons gelatine 1 cup marshmallows
½ cup blanched almonds
1 cup shredded pineapple

1 tablespoon water

1 cup shredded pineapple 1 cup canned cherries

Add the whipped cream to the mayonnaise. Soften the gelatine with the water, melt over hot water and add to the mixture. Cut the marshmallows into pieces with the scissors, shred the almonds and add with the fruit. Place in a mould and pack in ice and salt at least 3 hours. Serve on a bed of lettuce as a salad dessert.

Mrs. H. J. McEwen

#### DATE DESSERT

1 lb. dates, boil 10 minutes, covered with water. Pour into a colander and allow cold water to run over them. Skin and stone. Make a syrup by boiling 1 small cup of sugar in 2 cups water, into which put ¼ box Knox gelatine previously soaked in a little water. Add the dates, boil up once, and add ½ cup of pineapple juice. Pour into a mould, and when cold serve with whipped cream.

Mrs. J. A. Campbell

#### CARAMEL CUSTARD

3 tablespoons cornstarch

1 pint scalded milk.

Brown 1 tablespoon of butter and 1½ cups of brown sugar. When melted, add to the milk, then add cornstarch previously dissolved in a little milk and vanilla. Add chopped nuts if desired. Place in one large mould or individual ones, and when cold, serve with either plain or whipped cream.

Mrs. C. E. Fox

## BETTER RESULTS USE

#### SHAMROCK SHORTENING

#### ORANGE FLOAT

Pare and slice 5 large oranges. Pour over them 1 cup sugar. Make a boiled custard of 1 pint milk, 1 tablespoon cornstarch, yolks of 3 eggs and when cooked pour over the sugared oranges. Beat whites of eggs, add 1 tablespoon sugar. Spread over float and return to the oven to brown. Serve cold.

Mrs. Ira Ferguson

1 cup chopped almonds.

#### HEAVENLY HASH

1 pint whipping cream

½ cup sugar ½ lb. marshmallows ½ pint pineapple

Cube the marshmallows and pineapple, then add the nuts. all ingredients very cold. Serve in sherbet glasses.

Mrs. J. M. Streib

#### BAKED ALASKA

1 pint brick of ice cream 1 flat sheet of sponge cake 2 egg whites

Cut squares of cake a little larger than the slice of ice cream. Put ice cream on top, then egg whites well beaten and slightly sweetened. Put in hot oven on clean board or pan until golden brown, and serve at once.

Mrs. J. M. Streib

#### (DEM.) ORANGE WHIP

2 cups orange or other fruit juice as in 1-3 cup cold water, then desired dissolved in 1-3 cup boiling 1 cup sugar water

11/2 tablespoons gelatine soaked

Dissolve sugar in juice, then add the gelatine. When partly set, add the stiffly beaten whites of 2 eggs. Set aside until it thickens, then add ½ pint of whipped cream. Serve in sherbet glasses with a dab of whipped cream on top.

Mrs. C. E. Fox

#### MUSK MELON ICE-(Excellent)

Scrape seeds and pulp from very ripe musk melons, put in a quart measure, and fill with cold water. Stand ½ hour or longer. Drain, add enough water to make 1 quart after straining, juice of 1 lemon, and 1 cup sugar. Freeze to a mush, and fill halves of chilled musk melons.

Mrs. W. F. McNeill

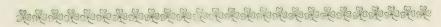
#### CHOCOLATE SAUCE FOR ICE CREAM

4 tablespoons grated chocolate 2-3 cup water Vanilla

1 cup sugar 1 tablespoon butter

Boil chocolate, sugar and water until it makes a thick syrup. Add butter and beat a moment; when cool, add vanilla. Serve cold.

Mrs. M. T. Chamberlain



## BETTER RESULTS USE

### SHAMROCK LARD



#### ALMOND CHARLOTTE

1 cup sugar 1½ cups flour ½ cup milk

¼ cup butter 2 teaspoons baking powder

2 eggs (whites)

Mix as cake and flavor with almond extract. Bake in 1 layer and when ready to serve pile on the following: 1 pint cream whipped stiff and sweetened. Add a little almond flavoring, and sprinkle well with 1 dozen macaroons dried and powdered.

Mrs. M. T. Chamberlain

#### CARAMEL CUSTARD

½ cup sugar 3 eggs Vanilla

1 pint hot milk 3 tablespoons sugar Salt

Caramellize the sugar by putting it into a pan over a slow fire and stir constantly until a rich brown. Spread on the inside of a baking dish, and set aside to cool. Mix the milk, beaten eggs, 3 tablespoons sugar, vanilla and salt. Pour in baking dish, set in water, and bake slowly until firm.

Mrs. M. T. Chamberlain

### MOCKED POACHED EGGS

(An Easter Dessert)

Cut a plain cake into about 3-inch squares. Lay on each square a half of canned peach or apricot with round side up (first pouring 1 teaspoon juice over cake). Surround fruit with a border of sweetened and flavored whipped cream to represent the egg white.

Mrs. Ernest Teagle

#### WASHINGTON CARAMEL CREAM PIE

Cake Part: Mix in order named: 1 egg beaten well, 2-3 cup sugar, butter the size of half an egg, softened. Sift 3 times  $1\frac{1}{2}$  cups flour,  $\frac{1}{2}$  teaspoon soda and 1 teaspoon cream of tartar,  $\frac{1}{2}$  cup milk,  $\frac{1}{2}$  teaspoon vanilla. Bake in two layers.

Cream Filling: Caramellize 1-3 cup sugar and add half of it to 11/4 cup milk in double boiler; ½ cup sugar mixed with 1-3 cup of flour; butter size of a walnut, 1 egg yolk. Cook until thick, then add ½ teaspoon of vanilla.

Icing: Boil 1/2 cup sugar, 1 cup water, and the rest of the caramellized sugar until it threads, then pour over two tiffly beaten egg whites and flavor with vanilla.

Mrs. H. W. Ranlett

#### MARSHMALLOW PINEAPPLE

1/2 lb. fresh marshmallows cut into small pieces and place in dish. Pour over them 1 can shredded pineapple. Let stand over night and in the morning beat thoroughly to smooth consistency, add 1/2 pint whipped cream, and mix well. Set in ice or in a cool place. Serve in frappe glasses with maraschino cherries and white grapes on top.

Mrs. Ernest Teagle

## BETTER RESULTS

#### SHAMROCK SHORTENING

RECEPTION OF SERVER REPORT OF SERVER SERVER

#### SHORTCAKE INDIVIDUAL STRAWBERRY 1/4 cup sugar

2 cups flour 4 teaspoons baking powder Few grains nutmeg 1-3 cup butter

1 egg ½ teaspoon salt 11/4 teaspoons lard

½ cup milk
Mix dry ingredients and sift twice, work in shortening with finger tips, add egg well beaten, and milk. Bake in muffin tins. When done split and spread with butter, cover with chopped strawberries which have been sprinkled with sugar. It may be necessary to add a little more milk to this recipe, but use as little as possible. The dough should be quite stiff.

Mrs. J. M. Strieb

#### (DEM.) RICE POMPADOUR

2 cups cold boiled rice ½ cup nuts or dates 1 small can pineapple

Whipping cream, sweeten flavored to taste.

Mix with half of whipped cream. Serve in sherbet glasses, and heap cream on top. Mrs. R. H. Beavers

#### CREAMY SHERBET

1 can grated pineapple 3 cups water

3 oranges 3 cups sugar 2 egg whites

Extract the juice from the lemon and oranges, boil the sugar and water into syrup, put all in freezer, and when partially frozen, add the whites of 2 eggs well beaten. Freeze hard and let stand 1 hour or more before using.

Mrs. M. T. Chamberlain

#### MAPLE MOUSSE

Beat together the yolks of 2 eggs and 1 cup of maple syrup; beat the mixture in a double boiler, stirring it until it thickens. Remove from fire and cool. Stir in the stiffly beaten whites and 1 pint whipped cream. The ingredients should be well mixed so as not to separate. Pack in a mould of ice and salt (a 2-lb. coffee tin does nicely); if made in cold weather just set outside without packing, and when ready to serve ring cloth out of hot water and place around tin, and it will slip out on platter.

Mrs. Ernest Teagle

#### FRENCH PINEAPPLE CREAM

1 can pineapple 1 cup cooked rice 2 tablespoons gelatine 1/4 cup cold water ½ cup sugar

1 cup whipping cream

Soak gelatine in water and dissolve in ½ cup pineapple juice which has been heated. Add rice, sugar and half the pineapple which has been chopped; fold in whipped cream. Wet mould and line with remainder of pineapple; pour pudding into mould, and set in cool place until firm.

Mrs. D. W. MacLood



## BETTER RESULTS

### SHAMROCK BACON

(DEM.) MARSHMALLOW LOAF

Dissolve 1 rounded tablespoon of Knox gelatine in ½ cup cold water Stir over fire until dissolved, add ½ cup cold water, then let cool. Beat whites of 4 eggs until very light, then pour in gelatine very slowly and sprinkle in 1 cup of granulated sugar. Add 1 teaspoon vanilla. Beat until well mixed. Divide this mixture and color one-half pink. Pour white with the superior of the s white mixture into square pan, cover with nuts and cherries, then layer of pink. Cut in squares and serve with or without whipped cream. ..Mrs. M. J. Walker

#### PINEAPPLE SHERBET

1 quart milk

3 cups sugar (small) 6 large or 8 small lemons

1 pint cream 1 quart pineapple

Partly freeze milk, cream and sugar, then add chopped pineapple and lemon juice, and freeze until right consistency.

Raspberries, plum juice, loganberries or any other desired fruit may be used in place of the pineapple.

APPLE PORCUPINE

Core large perfect apples, fill with cinnamon and sugar, and bake. Chill the whites of 2 eggs and whip with 1 cup sugar and the grated pulp of 1 raw apple until thick and white. When the baked apples are cold, cover thickly with this mixture, stick each with split blanched almonds, and serve.

Mrs. E. E. Nott

Mrs. A. J. Hilliker

#### IMPERIAL RICE

Wash ½ cup rice and boil in 1 quart boiling water for 10 minutes, add 1 pint milk and cook in double boiler for 1 hour. Dissolve ½ pkg. gelatine in ½ cup cold water, and stir over hot water until dissolved. Color pink and stir in rice, 1 cup sugar, ½ teaspoon salt, teaspoon flavoring. Cool and add 1 pint whipped cream. Put in a mould to set. Serve with whipped cream sweetened and flavored with vanilla.

Mrs. W. F. McNeill

#### FRUIT MOUSSE

2 oranges

2 sliced pineapples

1 cup sugar

1 lemon

1-3 cup scalded pineapple juice 1/4 pkg. gelatine

½ pint cream, whipped Dissolve gelatine in a little cold water, then dissolve in 1-3 cup scalding pineapple juice. Add fruit juices and pineapples which have been shredded. When cool, add whipped cream. Mould in 2 bread tins. Sufficient to serve 16 people.

Mrs. L. D. Benedict

(DEM.) FRUIT PUNCH

5 cups of water and 3 1/2 cups of sugar boiled together for 20 minutes. Juice of 4 cranges, juice of 3 lemons, 1 cup of shredded pineapple, 3 large bananas mashed. Freeze. When nearly frozen, add 1 cup of whipped cream. Serves 12 persons.

Mrs. A. N. James



## FOR BETTER RESULTS USE

### SHAMROCK HAM

## 

#### **COMPOTES**

Compotes consist of any kind of fresh fruit or a combination of fruits cooked in syrup made from 1 cup of sugar and 1 cup of water boiled 15 minutes. Make your syrup, then cook your fruit, a small quantity at a time, but not as thoroughly as stewed fruit, as it must not lose its form. A nice combination is pears, peaches and Hyslop crabapples. Halve the pears and peaches, but cook the crabapples whole with the stem. Place fruit on a platter to cool, then place half a pear, half a peach and a whole crabapple in a sherbet glsss. When syrup is cooled sufficiently as to not break the glass, pour over fruit. Use different shades of fruit. This makes a pretty dessert and is wholesome as well and easy to prepare. The above combination can be made in the winter time if you have preserved them whole or halved. Use equal amounts of juice from each jar, add a little sugar and boil 5 minutes, thus making the thick syrup.

Mrs. C. Parnell Hickey



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P.O. Bay 136. bannow. hursday 20 Dear Seria & Marken :-I just received come read new yesterday from the East. We have lost ale Grandon too. The died following a stroke, on the 29th of Housember. at 11.30 p. M. They just said it was under & emby peeted, so I hope that she Lathih been it lody. It seemed strange that they had just weeked a lette from Aporter & Lack, & read is to expendency that they, after the stroke, & said she understood is all & was so pleased to hear 1.000 Bangs. Whe has always nerried because dad has never gone

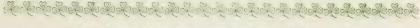


back to see her; but I don't think he ever will go now. mother thank been very week. according to her letter, theolivet, so I didn't to now if she had written heart attack, who said The fixed is shew again, so she with weel look of the. would have gone up. But as Fronte prates he drien to stay here, as event 2 have found that more at recipe black, but it we had in it, after act languay how it is :-

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## FOR BETTER RESULTS USE

### SHAMROCK BACON

LANGER KARANA KARAKAKA KANGANANA MAKARAKA

## PIES

"Unless some sweetness at the bottom lie, Who cares for all the crinkling of the pie?"—W. King.

#### **BUTTERSCOTCH PIE**

1½ cups milk4 tablespoons flour1 cup brown sugar2 eggs4 tablespoons butter1 teaspoon vanilla

Mix 2 tablespoons butter in double boiler, add flour and stir until blended, add milk and stir until thickened; in a saucepan melt balance of butter, add sugar and stir until it forms a syrup not too dark; add this mixture to the flour and milk, put in eggs well beaten, salt and vanilla. Cook 3 minutes and pour into baked crust. When cold, put whipped cream on top.

Mrs. Geo. Edworthy

#### AMBER PIE

1/2 cup sugar1 cup sweet cream1 cup jam (blackberry preferred)1 cup sweet cream1 tablespoon butterYolks 3 eggsWhites 3 eggs

Mix all together except whites of two eggs. Line a pie plate with pastry, and bake as a custard pie. When done, beat the whites of the two eggs and add sugar and flavoring. Spread over the pie and brown in the oven. This makes two pies.

Mrs. R. H. Beavers

#### (DEM.) PUMPKIN PIE

2 eggs 1 cup white sugar 1 teaspoon cinnamon 1 teaspoon ginger 2 large cups milk 1½ cups pumpkin ¼ teaspoon salt

Line pie plate with pastry, fill with above and cook in moderate oven until set. Serve with whipped cream for special occasions.

### Mrs. F. E. Emery (DEM.) CUSTARD PIE

4 eggs Pinch of salt quart milk Nutmeg

4 large tablespoons of sugar Mrs. H. Law

FRESH PEACH PIE CREAM

Pastry shell
5 to 6 peaches
2 eggs
½ cup sugar
2 cups scalded milk
4 teaspoon salt
2 eggs
½ teaspoon lemon extract
1-3 cup flour (scant)

Bake pastry shell. Make a cream filling as follows: Beat eggs, add sugar, flour and salt mixed together. Add scalded milk and cook 15 minutes, stirring constantly. (Do in double boiler.) Cool, flavor, place half in shell, then sliced peaches and remainder of filling. Top with whipped cream just before serving.

Mrs. Ernest Teagle

92 PIES



## FOR BETTER RESULTS USE

### SHAMROCK HAM

LERAMER RESPONDED RESPONDED RESPONDED DE LA SERVE DE L

CREAM COCOANUT PIE

3 cups scalded milk. Mix together 1-3 cup sugar, 4 egg yolks and
3 tablespoons flour, and pour over milk. Then add ½ cup cocoanut, 3
tablespoons butter. Beat all together and boil until thick, then pour into baked pie crust. Beat whites of 4 eggs dry, add 8tablespoons powdered sugar, ½ teaspoon vanilla. Cover the pies, sprinkle with cocoanut, put in oven and brown slowly. Mrs. W. J. Duffy

PUMPKIN PIE

1 cup pumpkin 1 teaspoon cinnamon (heaping) 1½ cups sugar 1 tablespoon flour 1/4 teaspoon ginger Pinch salt

1½ cups milk

Will make one large or two small pies.

Mrs. Geo. W. Gates

PASTRY FOR ONE PIE

½ cup lard and butter, mixed 3 tablespoons of water, ice cold 11/2 cups of flour Pinch of salt Mrs. W. I. Ovans

Roll thin.

RHUBARB PIE

2 cups rhubarb cut fine, scald 2 minutes, drain and add 1 cup sugar, 1 tablespoon flour, 3 tablespoons water, 1 egg, whip white, and add last. Bake in one crust.

Mrs. H. L. Freeland

PINEAPPLE PIE

Butter size of egg ½ tin grated pineapple 3 eggs (beaten separately) ½ cup sugar ½ cup cream

Cream butter and sugar, add beaten yolks of eggs, pineapple and cream, mix thoroughly, then fold in beaten whites. Pour into a pie crust which has been partly baked and bake till filling is firm. Serve cold, with or without whipped cream.

Mrs. W. R. McFarlane

#### PINEAPPLE PIE

1 tin grated pineapple 3 eggs

2 tablespoons cornstarch 1 cup sugar

1 cup water

Strain juice from tin of pineapple, add yolks of eggs, water and sugar and cornstarch. Put in saucepan and place on fire, stirring constantly. When thick, add to pulp of pineapple and put in unbaked pie crust in a deep pie plate. Cook in slow oven. Use egg whites for meringue. Mrs. F. M. George

#### LEMON CAKE PIE

1 cup sugar 3 tablespoons butter 1 teaspoon salt ½ cup flour 2 lemons 2 eggs

1 cup milk

Sift sugar, flour and salt, and add melted butter, grated rind and juice of lemons, egg yolks (well beaten), milk, and egg whites beaten stiff. Pour in a lined dish, and bake in a slow oven.

Mrs. F. M. George

PIES



## FOR BETTER RESULTS USE

### SHAMROCK HAM

### A STANT OF SEASON SEASO PERFECT LEMON PIE

2 lemons, juice and grated rind

1 tablespoon butter 5 eggs (yolks only)

2 cups sugar (small) 5 tablespoons flour (rounded)

Stir all together and beat 2 minutes; add 2½ cups boiling water, and cook in double boiler 1/2 hour or until well thickened. Remove from fire and put in baked crusts. Beat the whites of eggs to a stiff froth, add sugar aand spread on top of pies. This will make two pies. Mrs. E. G. Hartshorn

### (DEM.) MINCEMEAT

5 lbs. of tart apples, pared and put

2 lbs. of brown sugar 2 tablespoons cinnamon through grinder 2 lbs. seeded raisins 2 tablespoons mace 1 lb. of sultana raisins 1 tablespoon cloves 2 lbs. of currants 1 tablespoon nutmeg % lb. of mixed peel (ground)
½ lb. of suet (ground fine) 1 tablespoon allspice

1 tablespoon fine salt For liquid I use the syrup from spiced crabapples. A pint of brandy set in a cool place. For preserving mincemeat bring to the boiling point and can as you would fruit.

Mrs. G. B. Griffith

#### RHUBARB PIE

Line plate with crust, put in as much rhubarb as you think the plate or brown: sherry added improves the flavor. Cover closely in a jar and will hold. Put one and a half cups of sugar in a deep dish, 2 tablespoons of flour, mix in sugar. Then add ½ cup of cold water, 1 egg (beaten), butter the size of a walnut, pour over rhubarb, put top crust on, and bake in slow oven 40 minutes.

Mrs. H. Law

#### JELLY PIE

1 glass jelly

1 cup sour cream

Yolks of 3 eggs, white of 1. Beat jelly, cream and yolks together, add the white beaten light. Bake in pastry shell. When done, make meringue of the two whites and spread on top. Set in oven until done.

Mrs. D. W. MacLeod

#### SOUR CREAM PIE

1 egg ½ teaspoon cloves

1 cup sugar

1 teaspoon cinnamon

1 teaspoon flour

Beat all well together, then add 1 cup sour cream, 34 cup chopped raisins, boil to a thick custard, pour in crust, and bake.

Mrs. Ira Ferguson

#### (DEM.) PIE CRUST

1 1/2 cups flour 1 teaspoon salt 2-3 cup lard

When mixture is like coarse meal, add enough cold water to make a paste that cleans the bowl. Too much water makes the pastry tough. Mrs. H. Fink

## BETTER RESULTS USE

### SHAMROCK BACON

#### MOCK CHERRY PIE

Crust

11/2 cupfuls flour 14 teaspoonful baking powder 1-3 cup shortening

½ teaspoonful salt About 4 cup cold water

Filling

1 cupful chopped raisins 1 cupful halved cranberries 1 cupful sugar 1 teaspoonful vanilla

1 tablespoon cornstarch 1/4 cupful cold water 1 cupful boiling water 1/4 teaspoonful salt

Chop the raisins and halve the cranberries. Put the cranberries in a dish and cover with cold water. Let stand an hour, when all the seeds will have come to the top and can be poured off, drain.

Mix the cornstarch with ¼ cupful water until smooth and add the cupful of boiling water. Cook 5 minutes. Add the rest of the ingredients, and it is ready to put between the crusts. Make the crust as follows:

Have everything as cold as possible. Sift flour, salt and baking powder together. Work in the shortening with the very tips of your fingers when thoroughly mixed, pour the water in, a little at a time. It is very important that the water should be well mixed with the dry ingredients otherwise the pastry will be tough instead of tender. Also ingredients, otherwise the pastry will be tough instead of tender. Also too much water will ruin it. Use just enough to barely absorb the flour.

Next turn it out on a floured board and roll outwards lightly and swiftly. Handle it as if were the most delicate of fabrics, and at that handle it just as little as possible. Made in this way the crust will be flaky

and tender.

Mrs. D. Hage

(DEM.) PINEAPPLE PIE

1 cup grated pineapple 1/4 cup flour

1 egg, well beaten Juice of half a lemon

34 cup sugar Cook in double boiler until thick, then pour in baked pastry shell. Serve with whipped cream.

Mrs. W. F. McNeill

#### WASHINGTON WHIP CREAM PIE

Part One

Whites of 5 eggs ½ teaspoon cream tartar ½ cup flour ½ cup powdered sugar

Part Two

1 pint milk ½ cup sugar Pinch salt

Yolks of 3 eggs 1 tablespoon cornstarch

Cook part two until thick. Beat whites of eggs until stiff. Add cream tartar to flour. Mix dry ingredients together, adding tablespoon at a time to the whites of eggs. Bake ½ hour in slow oven. Split, making 2 layers, put filling between, and spread ½ pint whipped cream on top.

Mrs. Homer B. Wright

## FOR BETTER RESULTS USE

## 

## CRUMB PIES For Crumbs

For Filling

½ cup sugar 3 cups flour

½ cup lard

1 cup baking molasses

1 cup water

1 teaspoon soda

Line pan with pie crust, put in filling, add crumbs. Bake
Mrs. F. T. Campbell

#### COCOANUT PIE

1 pint milk 2 eggs (yolks) 1 cup cocoanut ½ cup sugar 1 dessert spoon cornstarch

Vanilla

Soak the cocoanut in enough milk to moisten over night. Beat yolks, add sugar and cornstarch. Scald the milk and stir in the above mixture. Cook for a short time, then add the cocoanut and vanilla. Bake with lower crust only. Ice with a meringue.

Mrs. A. H. Dahners

#### MOCK MINCEMEAT

1 peck green tomatoes, chopped fine ½ peck apples, chopped fine 2 tablespoon salt

2 lbs. currants 2 lbs. raisins 6 lbs. brown sugar

2 tablespoons cloves 2 tablespoons allspice 1 cup vinegar

Cook 3 hours slowly. Put salt over tomatoes at night, drain in the morning. Put in sealers.

Mrs. G. W. Monroe

DATE PIE

½ pkg. dates simmered in 1½ cups milk 1 hour, mash and add 2 eggs and ½ cup sugar. Cook in shell and serve with whipped cream.

Mrs. Wm. Brady

#### GRAHAM PIE

1 teaspoon baking powder

1 cup ½ cup granulated sugar

1 tablespoon butter 4/2 cup sweet milk Graham flour to make batter, about Pinch salt

Cream butter and sugar, beat in egg, add milk, then flour sifted with salt and baking powder. Butter a deep pan, slice 4 apples and put in pan, cover with ¼ cup sugar, little nutmeg and a few pieces of butter; over this pour the Graham batter, bake in moderate oven for 30 minutes. Serve with or without whipped cream.

#### Mrs. T. H. Harmon

#### LEMON PIE

Juice and rind of 2 lemons 2 level tablespoons flour 1 cup sugar 2 eggs 1 small cup water

Mix flour and sugar, add juice and rind of lemons, then egg yolks, beat thoroughly and add water; cook in double boiler until thick, remove from fire and stir in the well beaten whites and pour into cooked shell. Serve with or without whipped cream.

Mrs. A. J. Hilliker

## BETTER RESULTS USE

### SHAMROCK BACON

#### RAISIN PIE

1 cup raisins 1 cup water

1 lemon

1 tablespoon cornstarch

34 cup water

Boil raisins, sugar and water together. When the raisins are soft, add juice and rind of lemon and cornstarch, diluted in cold water. Cool before putting in the crust. Mrs. C. W. Voss LEMON PIE

Yolks of 3 eggs 2 cups of rich milk

1 cup of sugar 1 large lemon (juice and grated

1 tablespoon cornstarch rind.

Beat eggs until light and creamy. Bring milk to a boil. Stir in above mixture, and fill pie crusts. Cover with meringue.

Mrs. E. T. Chritchlev

DELICIOUS PIE FILLING

To 1 tin shredded pineapple, add 1 cup water, 1/2 cup sugar, pinch salt, butter size of walnut and 1/2 cup seedless raisins. Boil slightly and thicken with cornstarch. Bake with or without upper crust. Mrs. H. B. Armstrong

SWISS PIE

1 pint milk 1 cup almonds, blanched and

1 cup sugar toasted 2 tablespoons cornstarch 1 cup thick cream

Cherries 4 eggs

1 teaspoon vanilla

Put the milk in a double boiler; when it gets hot, add half of the sugar which has been mixed with the cornstarch. Beat the eggs light, and add balance of sugar. Cook till thick, remove and add vanilla and almonds. (These almonds should be cut up before toasting.). Keep out two tablespoons of the almonds. Allow this mixture to get cold; then put in shell which has been baked ahead. Whip the cream, add a few cherries, which have been cut up; put the cream on top of the pie and enrickle with belonce of almonds. sprinkle with balance of almonds.

Mrs. J. H. Rutherford

Mrs. J. M. Erickson

RAISIN PIE (Good)

1 cup raisins, chopped Yolks of 2 eggs 1 cup sugar 1 cup sour milk Pinch of salt 1 Teaspoon vanilla

Bake in under crust. Frosting: Beat the two egg whites with 4 teaspoons sugar and a pinch of flour. Brown slowly. Mrs. J. E. Macklim

CARAMEL PIE

Put on stove in double boiler, 3 cups water, 2 cups brown sugar, ¼ cup butter. When boiling hot add ½ cup white sugar which you have caramellized. Stir until all has dissolved. Add 4 large tablespoons flour which has been mixed with water until smooth, then add yolks of 4 eggs well beaten, stirring constantly. Add a little salt. When it thickens and begins to boil, remove from stove and cool. Pour in baked crust just before serving, and cover with whipped cream. A layer of cooked dates and nuts may be added before applying the whipped cream.

#### RAISIN PIE

2 cups seedless raisins

½ cup sugar

1 cup water

1 egg

1 tablespoon flour

Vanilla

Boil raisins, flour and water until thick. Set aside to cool, then add sugar, egg well beaten, and vanilla. Bake in piecrust with tart top, and serve with whipped cream.

Mrs. J. Rauch

#### CHESS PIE

Yolks of 3 eggs 1/2 cup butter

1 whole egg

1 cup butter

1 cup raisins

1 cup sugar

1 cup chopped nuts

Cream butter and sugar, add eggs, raisins and nuts, mix well and add ½ teaspoon vanilla. Line muffin tins with pie crust, put 1 tablespoon filling in each, bake until brown. Use 3 egg-whites beaten and sweetened for top. Put in oven and brown slightly. Whipped cream may be used on top if preferred.

Mrs. J. M. Strieb

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## COOKIES and SMALL CAKES

#### **NUT COOKIES**

2 cups brown sugar 1 heaping cup butter

2 eggs

3 cups flour

1 teaspoon soda Salt to taste

Vanilla

Vanilla
1 cup chopped walnuts

Cream butter and sugar, add eggs one at a time and beat well. Add flour into which has been sifted the soda and salt. Stir in the flavoring and nuts. Put into a pan to mould, Let stand overnight in a cool place. Slice in thin slices and bake.

Mrs. R. H. Beavers

#### CHOCOLATE BROWNIES

½ cup butter

1 cup sugar (creamed) 2 squares melted chocolate 2 eggs, well beaten

Pinch of salt

and cut in squares or bars.

½ cup walnuts 34-cup of flour

½ teaspoon baking powder in enough hot water to dissolve. 1 teaspoon vanilla

Grease and flour pan and bake 25 minutes in moderate oven. Cool

Mrs. G. B. Griffith

#### KISSES

Beat the whites of 2 eggs stiff. Add 1 cup of confectioner's sugar and 1 cup of cocoanut, 2 cups of corn flakes, vanilla and 1 cup of nuts. Bake slow oven 20 minutes on brown paper.

Mrs. H. Law

#### OATMEAL DROP CAKES

2 cups brown sugar

1 cup butter 2 eggs

2 cups flour 1 cup chopped raisins 1 cup walnut meats

5 tablespoons sweet milk 1 teaspoon cinnamon and, lastly, 1 rounding teaspoon soda dissolved 3 cups of rolled oats in milk

This should be very stiff. Drop in small pieces in baking pans. Mrs. W. Snoxall

#### OATMEAL COOKIES

½ cup butter ½ cup lard

1 heaping cup sugar

Cream these and add 2 eggs, 2 tablespoons heavy cream. Mix with 1 cup ground oatmeal, 1¼ cups rolled oats, 1 teaspoon soda, heaping teaspoon salt, 2 cups white flour. Roll very thin and cut; then bake in a slow oven until a nice brown.

Mrs. A. J. Voss

#### OATMEAL COOKIES

2 cups oatmeal 2 cups flour

2-3 cup sugar 2-3 cup boiling water

2-3 cup melted lard A pinch of salt

½ teaspoon soda dissolved in boiling water

Roll very thin. These are general favorites.

Mrs. J. A. Campbell

#### DATE DROP CAKES

1 cup butter 1 cup sugar

1 package dates Little salt

1 cup nuts

1 teaspoon soda in just a little warm water

3 eggs

1 teaspoon vanilla

2 cups flour

Mrs. W. H. Hendrix

#### LEMON TART FILLING

3 eggs 2 lemons 1 tablespoon corn starch

1 cup water:

3-4 cup sugar

Boil the above ingredients together. When cold, fluff one-fourth of a pound of butter and add to the above.

#### TIMBLES FOR TART FILLING

½ pound butter 2 eggs

1 cup sugar

1 pound flour

1 teaspoon extract 1 teaspoon baking powder

When one can get baking ammonia it is preferable to baking powder. Use 3-4 of a teaspoon.

Mrs. E. T. Chritchley

#### MAIDS OF HONOR

Make pie paste, cut in rounds. Put in small patty tins, put a little jam on the bottom of each shell.

#### Mixture for Filling

2 oz. butter

2 oz. cocoanut

2½ oz. sugar 4 oz. flour

2 oz. crushed walnuts 1 teaspoon baking powder

1 egg

Fill each shell with filling. Cut paste in strips, put 2 crossed on top of each and bake in a moderate oven.

Mrs. F. Anderson

#### GINGER SNAPS

1 cup sugar

1 teaspoon ginger 1 teaspoon soda

1 cup molasses 1 cup lard and butter mixed

1 egg

Pinch of salt Mix hard, roll very thin and bake.

Mrs. W. H. Hendrix

#### BUTTERSCOTCH COOKIES

4 cups brown sugar

1 dessertspoon cream tartar (level)

1 cup butter 1 dessertspoon soda
4 eggs 7 cups flour
Knead into long roll or rolls and let stand overnight in cool place.
In morning cut in thin slices and bake as cookies. Keep in airtight jar.
One-half of recipe makes sufficient for small family.

Mrs. S. S. Savage

#### CHOCOLATE COOKIES

3-4 cup butter

1 pinch of salt Vanilla

1 cup sugar 3 cups flour

½ teaspoon soda

3 eggs

1 teaspoon cream of tartar

½ cup cocoa Cream butter and sugar, add salt and eggs one at a time, then add chocolate and flavoring. Add 2 cups of flour into which has been sifted the soda and cream of tartar. Use the rest of the flour to knead the

dough and roll out on the board. Cut and bake. This makes a large number and they are better with age. They can be sandwiched together after baking, with the following: Boil together 1 cup white and 1 cup brown sugar, 1 cup of sour cream, small pinch of soda and 1 teaspoon butter, until it forms a soft ball in water. Let stand until cool. Flavor with vanilla and beat until creamy. Spread between the cookies and let stand until set. If icing is too hard a little boiling water stirred in will make it the right consistency for spreading.

Mrs. R. H. Beavers

#### LEMON TARTS

1 cup brown sugar

1 egg

3-4 cup currants

1 tablespoon butter

Grated rind to part of the juice of 1 lemon

Mix thoroughly and use nice rich pastry to line the patty tins. Mrs. F. N. Sandgathe

#### **BROWN SUGAR COOKIES**

2-3 cup of butter and lard in equal 1 teaspoon vanilla parts

1-3 cup brown sugar 2 eggs

1/4 teaspoon salt

2 teaspoons baking powder 3 rounding cups flour

In measuring the sugar, pack solidly

Mrs. F. N. Sandgathe

#### ROCKS

2 eggs

1 level teaspoon soda 4 tablespoons sour milk

2 cups flour 1 cup butter 1 cup sugar

1 cup chopped raisins 1 teaspoon cinnamon 1 cup nuts

Oatmeal instead of nuts may be used

Mrs. H. Law

#### SHORTBREAD

1lb. butter 1 cup yellow sugar

4 large cups flour Vanilla if desired

Cream butter and sugar thoroughly. Add the flour gradually, working in with the hands on the baking board until you have a good stiff dough. Roll about 4-inch thick and cut in squares. Bake in a slow oven.

Mrs. F. E. Emery

#### SCOTCH SHORTBREAD

2 cups flour 1 cup butter

1/2 cup brown sugar Pinch of salt

With the hands, cream the butter, then work in the flour and add the sugar. Knead thoroughly 5 or 10 minutes. Bake on ungreased brown paper in pan for 20 to 25 minutes in a moderate oven.

Mrs. F. N. Sandgathe

#### SOUR CREAM DROP CAKES

1/2 cup butter 1 cup sugar 2 eggs

½ teaspoon soda ½ cup rich sour cream

14 teaspoon salt

4 teaspoons baking powder

1 teaspoon vanilla 1/2 cup raisins ½ cup nuts

2½ cups flour

Cream the butter and sugar and eggs, add cream, with soda dissolved; salt, vanilla, nuts and raisins, then add flour with baking powder sifted.

Mrs. F. M. George

#### (DEM.) ALMOND DROPS

2 cups flour (in which sift 1 tea-1 egg 1/2 cup butter spoon soda 1/2 cup lard 2 teaspoons cream of tartar

1/2 cup white sugar 1 teaspoon salt

½ cup brown sugar 1/4 lb. almonds, blanched Put through food chopper; add a little almond flavor; mix with hands and roll between palms about size of a marble. Put an almond on each and bake. Mrs. J. M. Strieb

#### ALMOND DROPS

1/2 cup brown sugar 1 egg ½ teaspoon baking powder

½ cup white sugar ½ cup butter A few drops of almond flavor, and ½ cup crisco ½ cup chopped almonds

21/4 cups sifted flour

Make in balls size of a walnut, press half an almond on top and bake in slow oven. Will keep for weeks.

Mrs. D. W. MacLeod

#### GINGER SNAPS

1 cup butter 2 teaspoons cinnamon 1 cup brown sugar 1 teaspoon soda, dissolved in boiling

1 cup molasses water Flour for stiff dough 1/2 cup boiling water

2 level teaspoons ginger

Roll thin and bake in a quick oven.

Mrs. J. A. Campbell

#### GINGER SNAPS

1 1/2 cups fine oatmeal 1 1/2 teaspoons soda 2 cups flour 2 teaspoons ginger 1/2 cup lard 1 teaspoon mixed spice ½ cup corn syrup ¾ cup white sugar 1 teaspoon cinnamon Pinch salt

Mix dry ingredients, rub in lard. Mix in egg and syrup, all with the hands. Roll into small rolls the size of a marble and bake in a moderate oven.

Mrs. R. H. Beavers

#### CHOCOLATE NUT WAFERS

Mix in the order given

/2 cup flour 1 eup sugar

2 squares of melted chocolate ½ teaspoon salt 1/2 cup melted butter cup chopped almonds

Yolks and whites of 2 eggs (beaten separately and then together

Spread very thin over cooky sheet. Bake not too brown in rather slow oven. Cut in oblongs and remove from the pan while warm. Nice with tea, ice cream, or frappe.

Mrs. J. M. Strieb

ALMOND COOKIES

Beat to hard sauce ¼ cup butter and ¾ cup of confectioner's sugar.

Add yolks of 3 eggs and when smooth add ¾ cup of blanched and sliced almonds and 1½ cups of flour, into which has been sifted 1 teaspoon baking powder. Form into balls and put 1 inch apart in a greased pan and sprinkle with sugar. sprinkle with sugar. Place an almond in the centre of each. Bake to a light straw color.

Mrs. C. P. Hines

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12 cups brown Sugar Goup Bour cream or butterind I tempor soda dissolved in -he water 1 1/2 Eups flour 2, teas faking powder 1/2 teas grated nutneg 1/2 cup raising + walnuts



P. Senul Huan Rli





Alta.

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For

Datmeal Cookies mochrisis 1 Cup Brown sugar rounded Sulter 1 top soda I top salt enough sour cream to make soft enough to roll(about very) resiment Caskies - Mrs Heattok The ones Hoss likes 3 rups Rolled Date 1 cup Flour 12 Rue Bugar 1 top salx Mix - add 1 eup skaring & cup sour milk 1 tep soda.

Estel Grans

#### DATE KISSES

Whites of 4 eggs ½ lb. dates 1½ cups of bar sugar 1 teaspoon vanilla

½ lb. salted almonds

Put almonds and dates through chopped, beat eggs very stiff, add sugar gradually, fold in whites of eggs, flavor. Cook in slow oven 1 hour.

Mrs. E. J. Munson

#### LEMON BISCUITS

2 cups white sugar

2 eggs 5 cents

1% cups butter 2 cups sweet milk 5 cents oil of lemon 3 cents baking ammonia

Mix the flour and butter together and dissolve ammonia in milk. One-half the recipe makes three dozen.

Mrs. E. J. MacKay

#### JAM JAMS

1 cup shortening 34 cup brown sugar 1/2 cup molasses 2 teaspoons soda (dissolved in 5 tablespoons water)

- Filling:

Pulverized sugar, melted buttermilk and vanilla. Put between.

Mrs. E. J. MacKay

#### **BRAN COOKIES**

1 cup crisco, or any other shortening 1 cup chopped nuts

- cup sugar 1 cup seeded raisins or dates cut

2 eggs

½ cup sour milk
1 teaspoon cinnamon
½ teaspoon soda
½ teaspoon cloves
2 cups flour

2 cups bran

Cream shortening, add sugar gradually, the beaten eggs, then milk in which soda has been dissolved, and dry ingredients mixed together; add nuts chopped, also raisins or dates. Drop from spoon on buttered cooky sheet and bake in rather slow oven. Watch closely, as they burn easily. If eggs are small, add a little more milk.

Mrs. J. M. Strieb

#### SHORT COOKIES

½ cup lard 2 cups flour 2 cup butter 2 eggs beaten sepa

½ cup butter 2 eggs beaten separately and then together 1 small cup sugar

Roll thin, cut with cooky cutter and bake on cooky sheet.

Mrs. J. M. Strieb

#### **BUTTERSCOTCH COOKIES**

Cream 2 cups brown sugar with ¾ cup lard, add 2 eggs well beaten and one cup of almonds chopped fine, 1 teaspoon vanilla, 1 teaspoon cream of tartar, 3½ cups flour, ½ teaspoon salt.

Mix all well together, shape into two rolls and leave overnight in a

Mix all well together, shape into two rolls and leave overnight in a cool place. Slice with a sharp knife in the morning and bake, leaving

a little space to spread.

Mrs. J. M. Strieb

#### (DEM.) DATE COOKIES

2 cups flour
1 1/4 cups sugar
1 cup crisco
1/2 cup sour milk

1 teaspoon soda 1/4 teaspoon salt 1 lb. dates

Vanilla

Wash and cut dates, cook with ½ cup sugar and cup of water until a smooth paste is made. Place in mixing bowl, oatmeal, flour, sugar, crisco, salt, vanilla and sour milk, into which soda has been dissolved. Mix all well with fingers, roll out, cut with round cutter, put ½ teaspoon dates in centre, fold together, bake in hot oven.

Mrs. J. M. Erickson

#### SCOTCH COOKIES

2 teaspoons soda 'dissolved in hot 2½ cups white sugar 1½ cups butter water 1 teaspoon vanilla ½ cup golden syrup

7 cups flour

Cream sugar and butter, add vanilla and rub in eggs, add soda, syrup and flour. Roll very thin and bake in quick oven. Use different sized cutters. The very small sized cookies placed together with date, fig or other fillings when ready for use, make a nice change.

Mrs. A. E. Shore

#### GINGER CREAM COOKIES

4 tablespoons vinegar 1 cup sugar 1 tablespoon ginger 1 cup molasses 1 cup shortening 21/2 teaspoons soda 2 eggs ½ cup buttermilk

Or thin, sour cream

Roll very soft and bake in oven

Mrs. Geo. W. Gates

#### (DEM.) COCOANUT KISSES

Whites of 2 eggs beaten dry, 1 cup sugar added slowly, 1 teaspoon corn starch, pinch baking powder. Cook over hot water until thick, then add 1½ cups cocoanut, 1 teaspoon vanilla. Drop teaspoonful on buttered tins and cook in very slow oven.

Mrs. W. S. Jacobs

#### **BRAN COOKIES**

1/2 cup butter 2 teaspoons baking powder 2-3 cup sugar 2 tablespoons cream 2½ cups bran Flour to roll out

2 well-beaten eggs

Cut in small cookies and bake.

Mrs. H. A. Singley

#### NUT DOUGHNUTS

1½ cups sugar 4 teaspoons baking powder 4 tablespoons butter 1 cup chopped English walnuts 1½ cups milk 1 teaspoon vanilla

1 teaspoon lemon 2 eggs

Mrs. J. E. Macklim

#### HONEY MOONS

Beat whites of two eggs until stiff, add 1 level cup of granulated sugar and two heaping tablespoons of corn starch. Put in double boiler and cook for 20 minutes, stirring constantly. Then fold in 1 cup chopped dates, 1 cup chopped almonds (not blanched). Bake in a very slow oven for 30 minutes.

Mrs. T. H. Harmon

#### **DATE TARTS**

Whites of 4 eggs ½ lb. dates 1 cup fruit sugar ½ teaspoon extract

½ lb. almonds

Beat egg whites till stiff, add 1/2 cup sugar slowly, add extract, fold in dates and nuts mixed with rest of sugar, turn into buttered pan. Bake slowly 1 hour, cut in squares, but leave in pan until cold.

Mrs. F. Cattnach

#### CORN FLAKE COOKIES

1 cup brown sugar .. 1 % cups flour ½ cup butter 2 teaspoons baking powder 2 eggs, beaten 4 cups corn flakes 1 teaspoon vanilla Drop from spoon. A little salt

Mrs. G. W. Monroe

CREAM PUFFS

1 cup hot water 1 cup flour ½ cup butter 3 eggs

Put water and butter in pan to boil, when boiling add flour, let cool. When cold add eggs, well beaten, beat all thoroughly and drop on buttered tins. Bake 20 minutes in hot oven. When cool cut with sharp knife, fill with whipped cream.

Mrs. W. I. Ovans

#### COCOANUT MACAROONS

½ lb. dessicated cocoanut 3 egg whites (beaten stiff) 34 cup granulated sugar

Drop from teaspoon on buttered baking sheet. Bake in moderate oven until slightly brown.

Mrs. W. I. Ovans

NOTE: The two recipes above, contributed by Mrs. W. I. Ovans, took First Prize at the Calgary and Edmonton Exhibitions, classed under "Fancy Cakes."

#### BUTTER TARTS

2 eggs 2 heaping tablespoons butter

1 cup granulated sugar Vanilla Nutmeg 1 cup currants

Cream butter and sugar, add eggs well beaten, then flavoring and currants last. Bake in tart shells in a quick oven until pastry is cooked. Mrs. C. M. Moore

#### (DEM.) SPONGE DROPS

3 egg whites 1-3 cup flour 2 egg yolks 1/4 teaspoon salt 1-3 cup icing sugar 1/4 teaspoon vanilla

Beat whites of eggs until stiff, adding sugar gradually, then add

yolks beaten until thick, and flavoring.

Cut and fold in flour mixed with the salt, Drop on a tin sheet covered with unbuttered paper and bake in moderate oven 8 minutes. Ice with chocolate icing and put together in pairs with whipped cream between.

Mrs. W. P. Brigham

#### DATE BARS

1 cup sugar 3 eggs 1 cup walnuts 1 cup flour Salt

1 teaspoon baking powder

1 lb. dates

Beat egg yolks well and add the sugar, then add the chopped dates and walnuts. Mix flour, baking powder and salt. Beat whites of eggs until stiff and add to the yolks alternately with the flour mixture. Bake in moderate oven about 30 minutes and cut while warm into bars and roll in icing sugar.

Mrs. W. P. Brigham

#### FILLED FRUIT COOKIES

1 cup sweet milk 1 cup shortening

2 teaspoons baking powder 1 teaspoon soda

Salt, flavoring 2 cups sugar

2 eggs Flour to roll soft dough

Roll quite thin, cut and spread filling in centre and cover with another cookie and press edges together.

Filling

1 package dates, cut small, 1 scant cup sugar, 2 level tablespoons flour, 1 cup boiling water. Cook until thick. Let cool before using.

Mrs. G. Huser

HERMITS

1 cup sugar 3 eggs

1 cup chopped raisins ½ cup New Orleans molasses

1 cup butter 2 teaspoons soda Spices and ginger

Flour until consistency of cookies.

Mrs. G. Huser

RAISIN COOKIES

1½ cups sugar 1½ cups raisins

1 cup butter 2 teaspoons baking powder

3 eggs 1 teaspoon vanilla
Pinch of salt Flour to roll out (2 cups)

Cream butter and sugar, add eggs beaten, salt, vanilla, baking powder sifted in flour. Use seedless raisins and cut each raisin in thirds with scissors. The cooky dough stays much whiter if the raisins are cut instead of putting them through the chopper.

Mrs. C. Parnell Hickey

#### BANBURY TARTS

Make a rich pastry, roll out and cut in rounds. Prick all over with a fork, fit in patty pans and fill with the following mixture:

1 egg, well beaten; 1 cup brown sugar, 1 cup well-washed currants, 1

tablespoon melted butter, and 1 teaspoon vanilla.

Put about 1 teaspoon in each tart, bake in moderate oven till pastry is nice and brown.

Mrs. A. G. Archibald

RAISIN-FILLED COOKIES

1 cup sugar ½ cup butter 2 teaspoons baking powder in flour ½ cup milk

1 egg

Filling

Boil together 1 cup raisins, ½ cup sugar, ½ cup water.
Roll cookies thin and cut. Place a spoonful of filling in centre and another cookie on top. Bake.

Mrs. J. F. Charlton

#### ORIGINAL COOKIES

1 lb. butter

1 quart flour

2 eggs

Grated rind of 1 lemon

1/4 teaspoon baking powder

Mix and let stand in refrigerator overnight. Roll fairly thin, brush top with well-beaten egg and sprinkle with chopped almonds or half pecans. Bake in a moderate oven.

Mrs. J. I. Lowenstein

#### WALNUT ROLLS

2 eggs 3 teaspoons flour

½1b. brown sugar¼ teaspoon baking powder½1b. chopped walnuts½ teaspoon salt

½ lb. chopped walnuts ½ teaspoon salt
Drop in half-teaspoonfuls on well oiled pan and roll while hot.

Drop in half-teaspoonfuls on well oiled pan and roll while hot.

Mrs. A. J. Shulman

#### CHINESE CHEWS

1 cup white sugar % cup flour

1 cup dates, cut fine 2 eggs

1 cup walnuts, chopped 1 teaspoon baking powder

Mix dry ingredients, add nuts, dates and eggs last. Bake slowly in flat pan, take up in spoonsful, roll into balls and then roll in fruit sugar.

Mrs. A. J. Shulman

OLD ENGLAND BRANDY SNAPS

1/2 teaspoon cream of tartar ½ lb. molasses syrup

½ lb. brown sugar Flour to thicken

1/4 cup butter Melt butter and syrup, add sugar, flour and cream of tartar. Bake in cool oven and shape on round stick.

Mrs. A. J. Shulman

#### ALMOND FINGERS

1 cup unsalted butter 2 cups flour 1 cup powdered sugar 1 egg

½ lb. almonds 1 teaspoon almond extract Blanch and chop almonds. This makes a stiff dough that is very short. Form into finger lengths with hands and bake a light brown.

Mrs. A. J. Shulman

#### PEANUT KISSES

1 quart of shelled and peeled peanuts, put through grinder. 1/2 lb. powdered sugar, 4 egg whites. Beat the whites thoroughly and then beat in the sugar. Add the nuts and drop on buttered paper from a teaspoon. Bake in a slow oven.

Mrs. A. J. Shulman

#### PEANUT WAFERS

1 cup sugar 1/4 teaspoon baking powder 2 eggs 1 cup chopped peanuts

5 tablespoons sifted flour

Mix ingredients in order named and drop the mixture from a spoon onto a buttered pan. Bake until brown. Have peanuts chopped rather coarse.

Mrs. A. J. Shulman

#### COCOANUT MACAROONS

2 egg whites beaten stiff 1 cup sugar 2 dessertspoons corn starch

Put in double boiler and boil 5 minutes. Take from stove and add enough cocoanut to make stiff. Flavor with vanilla. Drop from spoon into greased pan.

Mrs. Geo. Edworthy

#### ALMOND AND DATE MACAROONS

2 egg whites beaten stiff 1 cup chopped almonds

1 cup chopped dates 1 cup sugar

Mix and drop on buttered pan. Put in a cold oven and bake very slowly for about 40 minutes.

Mrs. Geo. Edworthy

#### **FUDGE SQUARES**

3 tablespoons melted butter 1-3 cup milk 1 cup sugar 1cup flour

1 egg 1 teaspoon baking powder 2 squares Bakers' Chocolate 1 cup almonds (not blanched)

½ teaspoon vanilla

Cut in squares when baked and cover with any desired frosting Mrs. A. J. Shulman

#### VANITIES

2 eggs 1/2 tablespoon brandy or vanilla Flour 1/4 teaspoon cream of tartar

Beat eggs separately; put cream of tartar in flour, add flavoring and ground cinnamon-just a little; flour enough to make dough which can be rolled out thin. This should be cut in pieces about 2 inches square. Fry in deep fat till a delicate brown. Dredge with powdered sugar. Serve with tea or coffee.

Mrs. J. H. Rutherford

#### APRICOT TARTS (Original)

3 cups pastry flour 1 teaspoon baking powder ½ cup butter ½ teaspoon salt

½ cup butter ½ teaspoon sal ½ cup lard

Sift dry ingredients four times, mix butter and lard; moisten to a stiff dough with cold water. Place dough on slightly floured board and roll out to ¼-inch thick. Bake in tart pans filled with apricot jam and bake in a moderate oven.

Mrs. J. H. Hynd

Mrs. J. H. Hynd

#### DATE SANDWICHES (Original)

1¼ cups granulated sugar3 cups sifted pastry flour½ lb. butter3 teaspoons baking powder2 eggsRind of 1 lemon

Cream butter, sugar and well-beaten eggs. Add flour and baking powder and rind of lemon. Let stand in cool place overnight. Roll out in 3-inch cookies about ¼ inch thick. Fill with date filling, fold like turn-overs and brush over top with white of egg. Bake in a moderate oven.

Date Filling

3 boxes of dates, seeded and cut into 1 teaspoon flour small pieces ½ cup water

½ cup granulated sugar mixed with

Pour over dates and cook very slowly for ½ hour, then cool.

Icing

2 cups powdered sugar I teaspoon lemon juice 2 teaspoons orange juice White of egg, unbeaten

Ice cookies, sprinkle with very fine cocoanut or chopped nuts. When serving, cut through centre so as to show date filling.

Mrs. J. H. Hynd

#### **DOUGHNUTS**

1 cup sugar 2 drops of vanilla
1 cup sour cream 1 teaspoon soda
2 eggs 1 teaspoon baking powder

Pinch of salt

1 tablespoon butter

1 supposed masked notateer

1 tablespoon butter

1 cup cold mashed potatoes Flour to make stiff dough
4 teaspoon nutmeg
Cream sugar and butter, add eggs and mashed potatoes, beat well,

cream sugar and butter, add eggs and mashed potatoes, beat well, add sour cream, into which has been dissolved 1 teaspoon soda, then mix in vanilla, nutmeg, flour and baking powder. Fry in deep, hot fat. While hot, roll in bar sugar.

Mrs. R. H. Beavers

WITS, K. II. DERVETS

#### **DOUGHNUTS**

1 cup sugarPinch of salt2 eggs2 teaspoons cream of tartar1 cup milk½ teaspoon nutmeg

2 tablespoons melted lard 1 teaspoon lemon juice 1 teaspoon soda Flour to make soft dough

Mix sugar, lard, eggs, milk, lemon and nutmeg. Add flour, which has been sifted 3 times with cream of tartar and soda. Fry in deep lard.

# Mrs. E. J. Munson AFTERNOON TEA COOKIES

1 cup butter ½ teaspoon salt 2 cups brown sugar 3½ cups flour

2 eggs 1 cup chopped pecans (peanuts may

1 teaspoon soda be substituted

Cream the butter and sugar, add the beaten eggs and beat thoroughly. Sift flour, salt and soda 3 times and then add the nuts. Pack into a mould and leave in the refrigerator or other cold place overnight. Next day, turn out on a board and slice as thin as possible. Bake in hot oven. This makes 60 square cookies.

Mrs. D. Hage

#### SNOWBALLS

1 cup sugar A pinch of salt
2 eggs 1 teaspoon vanilla

1 cup milk Flour to make dough soft 2 tablespoons melted lard 2 teaspoons baking powder

Roll with hands in balls the size of walnuts and fry in deep hot lard. When cold roll in powdered sugar.

Mrs. C. Parnell Hickey

#### ROLLED OATS CAKES

2 eggs, beaten
2-3 cup raisins
2 cup sour milk
2 cup lard
2 cup sugar
2 cup flour
2-3 cup currants

Add 2 cups rolled oats last. Drop on hot buttered pans and bake in a slow oven.

Mrs. F. D. Beveridge

#### POOR MAN'S COOKIES

4 egg yolks
2 egg whites
2-3 cup powdered sugar

1 teaspoon powdered Cardamon seed
or
teaspoon cinnamon

4 cup thick cream
Flour enough to make a dough to roll
teaspoon salt
out into a sheet

Beat eggs, add sugar, cream and flavoring. Add flour to make a soft dough, roll out thin. Cut with a knife into diamond shapes, say 3-in. Make a cut about 1½-inches in the centre. Fry in deep fat and drain on brown paper. Sprinkle with powdered sugar. This makes 36 cookies.

Mrs. D. Hage

#### FRUIT COOKIES

2 cups sugar 2 tablespoons sour milk 1 cup butter or lard Little salt

2 cups raisins, chopped fine ½ teaspoon cloves 2 eggs ½ teaspoon cinnamon

1 teaspoon soda Flour enough to roll

Mrs. J. A. Campbell

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# BEVERAGES

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#### FRENCH WINE

2 gallons water 2½ lbs. raisins 2½ lbs. cornmeal

3 yeast cakes Sugar to make sweet

Stand 10 days in a warm place, stir daily. Strain and bottle.

Mrs. C. H. Harry

#### PEACH COCKTAIL

¼ cup heavy peach syrup 1 tablespoon lemon juice 3 tablespoons orange juice ½ cup ginger ale Crushed ice

Mrs. E. E. Nott

#### COFFEE MAKING FOR A PARTY

Allow 1 tablespoon finely ground coffee to 1 pint cold water. Mash an egg, shell and all, into the coffee, moisten with cold water, cover and let stand for 15 to 30 minutes. Then pour over the cold water. Bring quickly to boil and serve at once.

Mrs. W. F. McNeill

#### STRAWBERRY OR RASPBERRY PUNCH

Squeeze the juice from ripe berries and pour 2 cupsful of this on 1 cup of sugar. When the sugar is dissolved add the juice of 1 lemon and 1 quart of ice water. When serving, add a little chipped ice and a few whole berries.

Mrs. W. F. McNeill

#### PARADISE NECTAR

Place crushed ice in a glass pitcher or punch bowl. Add strawberries, cherries, sliced apricots, 1 sliced banana, pineapple and raspberries, 1 pint clear orange and lemon juice, simple syrup to taste and 1 pot of strong tea. Garnish each glass with sprigs of mint.

Mrs. W. F. McNeill

#### MINT CUP

Juice of 5 lemons, the leaves of a bunch of mint, 1½ cups sugar, ½ cup water. Cover and let stand 30 minutes. Strain into punch bowl. Add one large piece of ice and 3 bottles of ginger ale.

Mrs. W. F. McNeill

#### SPICE ICED TEA

Into an eathern teapot put 6 teaspoons of tea, 12 whole cloves and pour over 3 cups boiling water. Let set on back of stove 4 minutes. Strain into glasses 1-3 full of cracked ice. Sweeten to taste and serve with a thin slice of lemon in each glass.

Mrs. W. F. McNeill

#### ICED TEA

1 quart of cold tea

Juice of 3 oranges;

Juice of 2 lemons, and

1 pint of ginger ale.

Mix well, add very little sugar syrup. Serve with cracked ice

Mrs. C. Parnell Hickey

Sugar Syrup

Boil for five minutes: 2 cups of sugar and 1 cup of water

Mrs. C. Parnell Hickey

#### COFFEE

To make good coffee it is essential to have good coffee. Use fresh roasted coffee. Always keep coffee in an airtight tin. Do not cook long enough to extract the injurious tannic acid; if you boil it at all, never boil over 3 minutes;; set aside for a few minutes to settle. Serve hot and always put the cream in the cup first. The amount to use varies according to the taste and the quality of coffee used, but the general rule is to allow 1 heaping teaspoonful to 1 cup of hot water.

#### TEA

The quantity of tea to be used per cup depends on the taste of the drinker and the quality of the tea. To make good tea, one has to understand their tea. The leaf in some teas is rolled tighter than in others, and as a result has to steep longer. Always use freshly boiled water; scald out the pot, which should be earthenware, put in your tea, the general rule being 1 teaspoonful to 1 cup, and pour on the boiling water, which should be boiling fast; set aside in a warm place for 4 to 7 minutes.

#### FRUIT PUNCH

2 grapefruit 3 oranges 2 lemons 3 bananas

½ can pineapple (all juice)
3 teaspoons sherry

1 cup strong hot tea
1 spoonful French Vermuth

3 teaspoons sherry 1 cup sugar or to taste

Do not get pulp of fruit in. To avoid this, cut fruit in half, and also run knife around rim and lift cells out with small spoon.

Mrs. J. T. Lane

#### FRUIT PUNCH

Three lemons, juice and grated rind; 1 orange, juice and grated rind; 12 lemons, juice only; 6 oranges, juice only; 1 small pineapple, grated, or 1 quart tin; 1 pint Maraschino cherries and juice; 2 cups sugar, boiled with 4 cups water; 2 quarts aerated water. Will serve 50 persons.

Mrs. M. T. Chamberlain

#### CHARLESTON PUNCH

Juice of 2 dozen lemons 1 large pineapple
Juice of 2 dozen limes 2 quarts ginger ale

1 quart cherries (homemade) 2 quarts Appolinaris water Add sugar to taste and one large bottle of Maraschino cherries.

Mrs. M. P. Johnston

#### PORT WINE

4 bottles grape juice 3 gallons hot water

4 pkgs. Sun Maid raisins 4 cakes compressed yeast

5 lbs. sugar

Mix grape juice, sugar, raisins and hot water; have mixture about lukewarm, add yeast; let stand one week, stirring twice a day, then add 2 cakes of yeast and as much more sugar to taste. Let stand two weeks or more, stirring twice a day until yeast has qquit working and raisins begin to go to the bottom. Strain and put through filter paper ino sugar, stir well until dissolved, then slice lemons and oranges into mix-

Mrs. E. D. Plummer

GRAPE WINE (1st Prize)

Take 1 gallon of grapes, add 1 gallon of water after brusing the grapes. Let stand 8 days then draw it off. To each gallon of wine add 3 lbs. white sugar, stirring it in; let stand 10 to 15 hours, when it can be bottled.

Mrs. W. I. Ovans

#### DANDELION WINE

3 quarts dandelion tops

5 cents worth root ginger

3 gallons water 8 lbs. sugar

1/4 lb. raisins 1 slice toast

4 lemons

1 yeast cake

Boil dandelion tops and water for three minutes, strain, add 8 lbs. sugar, stir well until dissolved, then slice lemons and oranges into mixture, root ginger, raisins and toast spread with yeast cake. Let stand 10 days and bottle. Do not put corks in bottles for about two weeks.

Mrs. F. M. George

#### COCOA

Two cups of milk and 1 cup of water or 2-3 milk and 1-3 water. To each cup of liquid use 1 teaspoon cocoa and 1 teaspoon sugar. Put liquid in double boiler to heat, add blend of cocoa to sugar well with a little of the liquid add to the milk and be a little of the liquid add to the milk and be a little of the liquid add to the milk and be a little of the liquid add to the milk and be a little of the liquid add to the milk and liquid and liquid add to the milk and liquid add to the milk and liquid and liquid add to the milk and liquid and liq little of the liquid, add to the milk and let boil up at once; remove from fire and keep covered. This is very nice served with marshmallows. Put two marshmallows in each cup and pour boiling water over them. Miss Ethel Hickle

#### UNFERMENTED GRAPE JUICE

10 lbs. grapes

3 lbs. sugar

1 cup water

Put grapes and water in kettle. Heat until stones and pulp separate. Strain through jelly bag; add sugar, heat to boiling point and bottle. This will make 1 gallon. When serving dilute one-half with water.

Mrs. F. D. Murchison

#### GRAPE JUICE

Pick over grapes, rejecting all unsound ones. Almost cover with water in a porcelain-lined kettle, heat slowly (mashing) and cook until all the juice is freed. Drain in jelly bag. Measure the juice and add onethird cup of granulated sugar for each quart. Boil for 4 minutes, bottle and seal.

Mrs. George W. Gates

CHOKE CHERRY WINE

If cherries are not real ripe, let set for a few days until they have started to soften. Mash them well. Take 2 quarts choke cherries to 3 quarts of water and 5 cups sugar. Place in keg in warm place to ferment. When through fermenting (usually about 3 weeks), strain and let set, skimming off mold as it forms each day. When clear, bottle and seal.

Mrs. Geo. W. Gates

# PENLEY'S

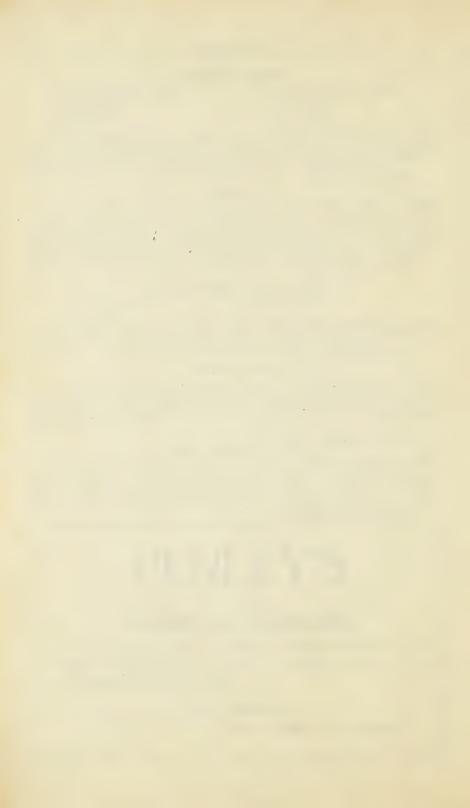
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Yours respectfully,

MR. and MRS. J. K. PENLEY









# CAKES and ICINGS

"Haste Makes Waste" applies as truly to cake-making as to anything else

#### (DEM.) SOUR CREAM CAKE

1 cup sugar 1 level teaspoon cream of tart 1 cup sour cream 11/2 cups flour 2 eggs, well beaten 1 level teaspoon soda 1teaspoon vanilla

Little salt Beat all together and bake in two layers or loaf.

Mrs. O. C. Holden

#### **GRAHAM TORT**

Beat 1/2-cup butter to a cream, gradually beat in 1 cup of granulated sugar, then the beaten yolks of 3 eggs, 1½ cups sweet milk, 1 lb. graham crackers rolled fine and sifted, then mixed with 2 slightly rounded teaspoons of baking powder, and lastly the whites of 3 eggs beaten dry. Bake in 3 layers about 25 minutes. Put layers together with mocha frosting or custard filling.

#### Custard Filling

1½ cups milk Scant ½ cup of flour ½ cup sugar 1 egg

Butter size of an egg 2 tablespoons cold milk Cream butter, sugar and flour together, add the 2 tablespoons cold milk and the beaten egg. Put 1½ cups milk in the double boiler and when boiling hot add the other mixture and cook until thick. Flavor with

#### Mocha Frosting

Mix 1 cup confectioner's sugar with 2 teaspoons cocoa, butter size of a walnut, 2 tablespoons strong black hot coffee and 1 teaspoon vanilla.

Mrs. J. M. Streib

#### ROLLED JELLY CAKE

4 eggs 1 teaspoon baking powder 1 scant cup white sugar 1 teaspoon vanilla

1 scant cup of flour

vanilla.

Beat eggs well, add sugar and vanilla, then flour and baking powder, beating continually. Bake in a long flat pan and when baked turn out on a dampened towel spread well with jelly or jam roll with towel around Powdered sugar may be dusted over if desired.

Mrs. A. E. Shore

#### BURNT SUGAR CAKE

Beat ½-cup butter to a cream, add gradually 1½ cups sugar, the yolks of 2 eggs and 1 cup water. Add 2 cups flour and beat continuously for 5 minutes, then add 3 teaspoons burnt sugar syrup and 1 teaspoon vanilla and then another 1/2-cup flour and beat again thoroughly; then stir in 2 teaspoons baking powder and fold in the beaten whites of 2 eggs.

Mrs. W. Snoxall

#### FILLING FOR BURNT SUGAR CAKE

One and one-half cups sugar, ½ cup water. Boil till it will spin a thread. Have ready the whites of 2 eggs beaten to a froth. Stir gradually the boiling syrup into them, and beat till icing is cold; add 2 teaspoons of Burnt Sugar Syrup and 1 teaspoon vanilla.

Mrs. W. Snoxall

#### BURNT SUGAR SYRUP

Put ½-cup granulated sugar in an iron or granite saucepan (never use tin), stir constantly over the fire while the sugar first softens and then melts and finally becomes a liquid and throws an intense smoke—it must burn. Have ready 1½ cups boiling water and remove the saucepan a moment from the fire, throw in the water, stir rapidly; allow it to boil until you have a molasses-like syrup. Bottle this and put away. This is enough for three cakes.

Mrs. W. Snoxall

#### CRUMB CAKE

3 cups flour
2 cups brown sugar
1 whole nutmeg grated
1 teaspoon cinnamon
2 cup butter
3 cup lard
5 Salt

Rub above ingredients together. Save 1 cup for top of cake. Add 2 eggs, 1 cup sour or buttermilk, 1 teaspoon soda. Sprinkle cup of crumbs on top and bake. No icing required.

Mrs. Guy Armstrong

#### LIGHT LOAF CAKE

1 cup sugar
1 tablespoon each lard and butter
2 eggs
4/2 cup milk
1 teaspoon soda
Bake 4/4 hour.

1 teaspoon baking powder
1 cup raisins
1 cup currants
2 cup walnuts
2 cups flour

Mrs. J. H. Manley

#### APPLE-SAUCE CAKE

1 cup sweetened apple-sauce
1 cup sugar
1 cup sugar
1 teaspoon cinnamon
1 teaspoon ground cloves
2 cups flour
Dissolvve 2 teaspoons baking soda

in 1 tablespoon hot water

Mrs. F. T. Campbell

#### SPANISH BUN

1½ cups brown sugar2 cups flour2-3 cup butter3 teaspoons baking powder3 eggs (yolks)1 tablespoon cinnamon1 cup milk½ nutmeg (if desired)1 teaspoon vanillaPinch salt

Icing

Beat the 3 egg whites until stiff, adding ¼ teaspoon baking powder before they become stiff. Then add 1 cup brown sugar and 1 teaspoon vanilla. Spread on cake, sprinkle lightly with cinnamon. Return to moderate oven and let slightly brown.

Mrs. Guy Johnson

#### (KIWANIS) PRIZE CAKE

1 cup butter
1½ cups sugar
3 cups flour
3 eggs

1 cup milk
3 level teaspoons baking powder
Flavoring

Cream butter and sugar and add 1 egg at a time and beat thoroughly. Add milk and flour with baking powder alternately, and add flavoring. Beat about 5 minutes.

#### Cream Filling

One cup milk and cream mixed, 1 teaspoon sugar, 2 egg yolks, 1 table-spoon corn starch. Cook in double boiler, and when done flavor. Ice with boiled icing and sprinkle with ground roasted almonds.

Mrs. Louise Stoft

#### SOUR CREAM CUP CAKES

Break 2 eggs into a cup, fill cup with sour cream. Add 1 cup sugar, pinch salt, 11/2 cups flour, 1/2 teaspoon soda, lemon essence. Bake in gem tins.

Mrs. B. H. Armstrong

#### ORANGE CAKE

2 cups flour ½ cup butter ½ teaspoon soda ½ cup milk

2 eggs, not separate 1 teaspoon cream tartar 1 cup sugar 2 oranges (grated rind)

Bake in 2 layers and put together with the following frosting: Juice of 1 orange, in which is stirred enough powdered sugar to spread.

Mrs. W. D. Churchill

#### (DEM.) SPONGE CAKE

3 eggs 1½ cups granulated sugar

34 cup cold water Vanilla 2 scant cups flour Pinch salt

Beat eggs 1 minute, add sugar gradually and beat 5 minutes. Add 1 scant cup flour, beat 1 minute; then add % cup cold water. Add 1 scant cup Swansdown flour, in which you have sifted 2 teaspoons baking powder and pinch of salt. Add flavoring and beat 1 minute. Bake 20 minutes.

Mrs. T. H. Harmon

#### DEVIL'S FOOD CAKE

1 cup sugar Butter size of an egg 1 egg and 2 yolks 1/4 cup chocolate or cocoa 1 teaspoon soda 1 teaspoon vanilla Flour Sour milk

Salt Cream butter and sugar, add egg, salt and vanilla. Dissolve cocoa in boiling water and fill cup with sour milk; add this to other mixture, then add flour to make a thin batter, and last soda dissolved in boiling water. Beat rapidly for 5 minutes.

#### Icing

½ cup water 1 cup sugar 2 egg whites

Boil sugar and water until it hairs; gradually add this syrup to the stiffly-beaten whites, and beat with egg beater until firm.

#### Mrs. A. J. Hilliker. (DEM.) ANGEL CAKE

6 egg whites 2-3 cup fine granulated sugar ½ cup pastry flour (sifted 7 times) ½ teaspoon cream tartar

TA ROSE IN THE Pinch of salt

Have eggs very cold and beat the whites on a large platter with flat wire egg beater. When almost stiff add cream tartar. When stiff and dry add gradually 2-3 cup sugar, folding in very gently; then add flour gradually, folding it in a little at a time very gently. By no means stir or beat the egg whites after once stiff and ready for other ingredients. Bake in a very slow oven until done. This is a small cake, and 1½ times the amounts given in this recipe make a moderate sized cake, and twice the amounts will make a large cake. It may be baked in layers or in a genera, tip, and jead with helled icing or marshmellow icing flavoyred square tin and iced with boiled icing or marshmallow icing, flavovred according to taste.

#### Mrs. Guy Johnson

#### CHOCOLATE CAKE

Cream together 2 cups brown sugar and 1/2 cup butter. Add 1/2 cup sour milk, stir in 1 cup flour. Take 1/2 cup cocoa and dissolve in 3/4 cup hot water. To this add 2 level teaspoons soda; mix thoroughly and add to first mixture. Add 1 cup more flour and 2 well-beaten eggs, 1 teaspoon vanilla and pinch salt. This makes 2 small loaves or 1 large cake. Icing

Ice cake with a white boiled icing or one made from pulverized sugar and cream. Then, after this is hardened, melt 2 squares Baker's bitter chocolate in top of double boiler, add 1 tablespoon butter. When all is melted, spread quickly over cake with a silver knife.

Mrs. Ernest Teagle

ORANGE CAKE

3 eggs, well beaten

3 cups flour 3 teaspoons baking bowder 2 cups sugar 1/2 cup softened butter Flavoring

1 cup water

Put together in order given, adding flour and water alternately.

Orange Icing

1 orange rind, grated 1½ teaspoons lemon juice 1 tablespoon orange juice

Let stand 15 minutes. Strain, add 1 egg yolk. Stir in confectioner's sugar enough to spread.

Orange Filling

1/2 tablespoon lemon juice ½ cup sugar 2½ teaspoons flour

½ orange rind

¼ cup orange juice Cook 10 minutes, stirring constantly.

Mrs. F. D. Murchison

1 teaspoon butter

MARBLE CAKE

3 level teaspoons baking powder 1 cup sugar 3 egg whites

½ cup butter 1 cup cold water Flavoring 2 cups Swansdown cake flour

Cream butter and sugar. Measure flour (before sifting), add baking powder and sift 3 times. To the creamed butter and sugar add a little water, then a little flour, alternating until all is used. Beat batter hard after each addition of flour and water. Add flavoring and stiffly-beaten whites of eggs. Divide batter in half, and to one-half add 2 heaping tablespoons Baker's chocolate which has been dissolved over hot water. Drop dough in pan from spoon, alternating white and dark. Bake in loaf.

Mrs. Geo. W. Gates

(DEM.) SPONGE CAKE

6 tablespoons cold water 3 eggs

1/4 teaspoon salt 1 cup sugar

1 cup flour (no more) 1 teaspoon lemon or vanilla 1 teaspoon baking powder

Beat yolks of eggs, water and sugar until thick. Mix flour, baking powder and salt and sift 3 times. Add to egg and sugar mixture and mix thoroughly. Beat egg whites until stiff and dry; fold in above mixture and add flavoring. Turn into a buttered and floured pan and bake 45 minutes in a moderate oven.

Mrs. A. E. Whitlock

#### (DEM.) MARSHMALLOW ICING

Boil ¼ cup sugar and ¼ cup milk until the syrup threads. Do not stir after boiling begins. Cook and stir ¼ lb. marshmallows and 2 tablespoons water over hot water until mixture is smooth. Combine the two mixtures and beat until stiff enough to spread.

Marshmallow Icing, No. 2

Make an ordinary boiled icing, and when it is nearly cooled add ¼ lb. marshmallows halved; stir into icing,, but do not allow marshmallows so melt. The icing should show the pieces of marshmallows unmelted.

Mrs. W. F. McNeill

#### (DEM.) CRACKER CAKE

1 teaspoon baking powder 1 cup sugar

1 teaspoon cinnamon 1 cup walnuts, chopped 12 or 15 crackers, rolled fine

1 cup chocolate 1 scant cup butter 1 teaspoon nutmeg

7 eggs Flavoring

Cream sugar and butter, beat eggs separately and add to the above. Bake 45 minutes.

#### Mrs. J. H. Lavender

#### MOCK ANGEL CAKE

1 cup sugar 1 cup flour 3 teaspoons baking powder Pinch salt 1 cup milk 2 eggs (whites)

Sift dry ingredients 4 times. Bring milk to boiling point and stir into this. Fold in beaten egg whites. Bake in angel food pan in moderate oven.

### Mrs. B. A. Dumper

#### WHITE CAKE

½ cup butter (scant) 3 teaspoons baking powder

1½ cups sugar, sifted (bar sugar) White 4 eggs

1 cup cold water 1/2 teaspoon almond flavoring

3 cups Swansdown cake flour, sifted ½ teaspoon vanilla

3 times before measuring

Cream sugar and butter thoroughly, add water and flour alternately in small quantities, beating well. Into last cup of flour sift baking powder and add as others. Add rest of water, flavor and fold in stiffly-beaten whites carefully.

Mrs. H. J. McEwen

#### LIGHTNING CHOCOLATE CAKE

Melt together 1½ squares of chocolate and 3 tablespoonsful of butter. Place these in a bowl and add 1 cup sugar, ½ cup milk and 1 cup pastry flour sifted with 2 teaspoons baking powder. Break 2 eggs into the mixture, add 1 teaspoon vanilla. Do not stir the mixture until all the ingredients are added, then beat vigorously with a large egg beater. Bake in a loaf or in layers. This cake is delicious iced with marshmallow icing or with mocha filling.

#### Mrs. H. J. McEwen

#### WHITE FRUIT CAKE

½ lb. blanched almonds 34 lb. butter

½ lb. cherries ½ lb. citron 2 cups sugar 10 eggs

1 cup milk 1 teaspoon nutmeg 1 teaspoon baking powder 2 lbs. sultana raisins

4 cups flour ½ lb. lemon peel

Beat eggs in one at a time, beating well between each egg. Bake in loaf in very slow oven.

#### Mrs. M. J. Walker (DEM.) SUNSHINE CAKE

14 cups granulated sugar 1 cup flour 6 fresh eggs ½ teaspoon cream of tartar

Pinch of salt

Pinch of salt

Flavor to taste

Separate eggs, putting yolks in small bowl, whites in mixing bowl.

Beat the yolks until light, add the salt to the whites and beat until well broken, add cream of tartar, whip until soft and dry. Meanwhile have sugar with about ½ cup water boiling slowly on the stove. Boil until it hairs and pour on the beaten whites and beat well. When partly cool add the yolks and beat until well mixed. Add flavoring, then flour measured after sifting 5 times. Fold in flour carefully, keeping mixture light and foamy. Bake slowly in angel food pan, gradually increasing heat. Bake 45 to 60 minutes.

Mrs. F. A. McAllister

#### MOCHA CAKE

2 % cups sugar 2 teaspoons baking powder

2 % cups milk 1 teaspoon vanilla 2 tablespoons butter 1 teaspoon salt

2 eggs, beaten separately 4 heaping teaspoons cocoa

2 cups sifted flour

Cream butter, sugar and yolks of eggs together; add milk and vanilla. Sift flour, salt, cocoa and baking powder together three or four times; add a little at a time, beating hard after each addition; then fold in the stiffly-beaten whites and bake in three layers.

cing

3 cups icing sugar 4 tablespoons cocoa 2 tablespoons butter 1 teaspoon vanilla

Enough hot coffee to moisten to spread; beat well.

Miss Ethel Hickle

#### ANGEL'S FOOD

Whites of 7 eggs 1 teaspoon vanilla

1 cup fine granulated sugar 1 teaspoon cream of tartar

2-3 cup pastry flour, sifted 5 times

Sift the sugar 3 or 4 times. Beat the whites of the eggs with a silver fork to a very stiff froth, add cream of tartar and beat again, add the sugar, sift in carefully the flour, and last the flavoring. Turn quickly into an ungreased medium cake tin and bake in a moder to even 45 to 50 minutes. When the cake is done, turn the pan upside down on 4 tumblers and allow the cake to cool. When cool, loosen around the edges with a knife and it will fall out. If one wishes to make two cakes this recipe can be doubled and beaten together. Use one extra egg white when doubling, with same measurements of other ingredients.

Miss Ethel Hickle

#### CHERRY AND CITRON CAKE

2 cups flour, measured before sifting 2 eggs 2 teaspoons baking powder 1 cup mil

1 cup white sugar Vanilla

½ cup butter

Sift flour, sugar and baking powder 4 times. Work butter in with tips of fingers, as for pastry. Add eggs, milk, and beat 20 minutes. Add vanilla, chopped cherries, then citron, and bake in moderate oven. Ice with boiled white icing.

Mrs. E. J. MacKay

#### DEVIL'S FOOD CAKE

1 good cup of flour Vanilla

Put cocoa,  $\frac{1}{2}$  cup of the sugar, and a little milk on stove and boil until dissolved. Put aside to cool, then cream remainder of sugar, butter and eggs, add milk and flour, then add to first mixture.

Mrs. G. Dickie

#### DRIED APPLE CAKE

1 cup butter 2 teaspoons cinnamon, allspice and

2 cups sugar cloves 3 cups dried apples 1 lb. seede

3 cups dried apples
2 heaping teaspoons soda
1 lb. seeded raisins
1 cup candied mixed peel, cut fine
Walnuts to suit taste

Boil apples until smooth sauce, then add soda. Do not sweeten sauce.

Mrs. S. E. Thorne

#### RICH FRUIT CAKE

1½ lbs. butter 1 lb. dates (stoned and cut fine) 11/2 lbs. sugar 1 lb. citron (if desired) 16 eggs 1 cup molasses 1½ lbs. flour 1 teaspoon soda

1 lb. raisins (seeded) 1-3 cup lemon juice 1 lb. currants 1 lb. figs (cut fine)

Method: Cream the butter and sugar. Add eggs one at a time, and beat mixture well between each addition. Add molasses in which soda has been thoroughly dissolved. Add lemon juice, flour and fruit. Beat thoroughly and bake in slow oven 1½ to 2 hours, according to size of

Mrs. J. F. Charlton

#### **NUT CAKE**

Cream 1 cup butter with 21/2 cups powdered sugar. Add-

5 egg yolks 1 lb. walnuts, chopped Juice of 1 lemon

1 cup milk Citron 2 teaspoons baking powder ½ lb. candied cherries 3½ cups sifted flour

Juice of 1 orange

Whites of 5 eggs beaten, added last. Bake one hour.

Mrs. E. D. Plummer

#### LIGHT CAKE

1/2 cup butter 2 rounded teaspoons baking powder 1 cup milk (blood warm) Yolks of 2 eggs

1 cup sugar 1/4 teaspoon salt

1½ cups flour (sifted four times) Whites of the eggs beaten to a stiff froth.

Mrs. E. D. Plummer

#### WHITE LAYER CAKE

½ cup butter 3 teaspoons baking powder 2 cups Swansdown cake flour 1 cup sugar 2-3 cup milk 1 teaspoon lemon extract

3 egg whites
Cream the butter, add sugar. Add baking powder to flour and sift
2 or 3 times. Add the flour and milk alternately to the mixture, then
flavoring, and lastly the stiffly-beaten egg whites. Bake in layer cake tins
and put the following filling between the layers:

Filling

2-3 cup sugar 1 egg

2-3 cup water Beat the egg and sugar; add water; cook. Then add grated rind and juice of 1 lemon, and while boiling stir in corn starch to thicken. (Do not make this quite so thick as for lemon pie.) Put this mixture between layers and save a little to mix with powdered sugar for icing the cake.

Mrs. F. N. Sandgathe

#### FRUIT CAKE

1 teaspoon each mace and cinnamon 1 lb. butter, unsalted 2 cups granulated sugar 1/2 teaspoon each nutmeg, ginger

and cloves 8 eggs 2 lbs, seeded raisins 1/4 cup grape or loganberry juice

2 tablespoons orange juice 11/2 lbs. currants 1 tablespoon grated orange peel ½ lb. peel

4 cups flour 1/4 lb. walnuts 1 level teaspoon soda 1/4 lb. almonds

Beat sugar and butter together, add beaten egg yolks, add soda and juices, also orange rind. Flour fruit well, and add to the rest with spices; add beaten egg whites last. Steam 3 hours and bake 2 hours, or just bake 4 1/2 hours.

Mrs. J. De Man

#### DARK FRUIT CAKE

1 lb. butter 21/2 cups brown sugar

8 eggs

34 cup sour cream 1 teaspoon soda

2 teaspoons cream tartar 1 teaspoon salt

1 teaspoon nutmeg, cinnamon, cloves 5 cups flour

4 lbs. raisins

1/2 lb. mixed peel

1/4 lb. almonds 1/4 lb. walnuts

lb. candied cherries lb. candied pineapple

lb. dates 1/4 lb. figs

1 cup brandy or strong fruit juice

Mix all the fruit together with butter and sugar; after butter and sugar has been creamed, let it stand while you are preparing the other ingredients. Bake in a rather slow oven 2 hours.

Mrs. A. E. Whitlock

#### WALNUT CAKE

4 eggs 1/2 cup butter

2 cups sugar

½ cup milk 3 cups flour

2 teaspoons baking powder

Proceed in the usual manner to make the cake, and just before putting the two layers in the oven, sprinkle over small cup of chopped nuts on each. Bake slowly and ice with boiled icing.

Mrs. A. E. Whitlock

#### WHITE FRUIT CAKE

1 cup butter 1 cup sugar 1 cup milk

2½ cups flour

2 teaspoons baking powder 1 lb. dates

¼ lb. citron peel

Juice and rind of 1 orange 1 lb. raisins

1/4 lb. almonds Whites of 7 eggs

Mrs. W. M. Molyneaux

#### WHITE CHRISTMAS CAKE

1 lb. butter 2 cups white sugar White of 8 eggs 1/2 lb. citron peel 1 lb. white raisins

1 lb. almonds

5 cups flour

10c of oil of cinnamon, cloves and almond

½ lb. candied pineapple, cut fine 1/2 lb. candied cherries

Mix the fruit with your butter and sugar and let it stand while you are preparing the other ingredients. Bake in rather slow oven.

P.S.—Get the druggist to mix the cinnamon, cloves and almond oil all together.

Mrs. A. E. Whitlock

#### ECONOMY FRUIT CAKE (NO EGGS)

5 tablespoons butter 2 cups brown sugar

2 cups sour milk 1 pkge. raisins

1 pkge. currants

1 cup nuts ¼ lb. peel

2 teaspoons soda (dissolved in sour milk)

1 tablespoon vanilla 1 teaspoon salt 1 teaspoon cinnamon

1 teaspoon allspice 4 cups flour

Bake 1½ hours in a slow oven. (Steam raisins before using.)

Mrs. F. N. Sandgathe

#### FRUIT CAKE

1 cup brown sugar ½ teaspoon cloves 1 cup crisco, or lard and butter 1/2 teaspoon nutmeg

mixed 1 teaspoon soda, dissolved in 2 table-

1 cup water 1 cup raisins 1 cup sultanas spoons warm water ½ teaspoon baking powder

1 cup nuts ½ teaspoon salt 2 cups flour

1 teaspoon cinnamon

Put crisco, water, sugar, spices, raisins and salt in pan and boil 5 minutes. When cold, add flour, baking powder, soda and nuts. Bake in long sheet pan.

Mrs. G. Dickie

#### MAZOLA CAKE

1½ cups sugar 34 cup mazola oil 2½ cups flour (Swansdown) 1 cup water White of 6 eggs 4 level teaspoons baking powder Vanilla Pinch of salt

Method: Sift all dry ingredients into a bowl. Make a hole in centre and add oil and water mixed. Beat well, add vanilla, and last fold in the beaten whites of eggs. Bake in a moderate oven, having it hot to start.

Mrs. A. L. Shirley

#### CHOCOLATE CAKE

1-3 cup cocoa ½ cup sour milk 1/4 cup butter 1 teaspoon soda ½ cup hot water (scant) 1 cup flour (large) Pinch of salt 1 cup sugar 1 teaspoon vanilla 1 egg

Mix in order given, breaking egg into mixture. This is nice baked in an angel cake tin.

I like this the best of all my chocolate cake recipes, for it is economi-

cal, quickly made, and never dry.

Mrs. O. W. Clarke.

Mrs. C. T. Sewall

Mrs. H. K. Adams

#### CHOCOLATE CAKE

2 teaspoons vanilla 2 cups brown sugar 2 cups flour ½ cup butter 2 eggs beaten together 1 cup boiling water

2 teaspoons soda-1 in water and ½ cup sour milk 1 in milk

½ cup cocoa

#### Frosting for Chocolate Cake

1 1/2 cups white sugar 1/2 cup milk and cream Small 4 cup cocoa

Cook until it forms a soft ball in water, then put in small lump of butter and 1 teaspoon vanilla and let cool. Then beat.

#### CHOCOLATE CAKE

One cup grated chocolate, 1 cup sweet milk, 2-3 cup brown sugar: beat all together and boil until it becomes a custard. Set aside, and while cooling add 1 cup white sugar, 2-3 cup butter, 2-3 cup sweet milk, 1 teaspoon of soda, 2 eggs well beaten, 1 teaspoon vanilla, 2 cups sifted flour. Add the custard while still hot, and bake in layers or loaf.

#### SPONGE CAKE

½ teaspoon soda 2-3 cup sugar 1 heaping tablespoon butter 1 teaspoon baking powder

1 cup sour milk 2 scant cups flour

1 egg

Mrs. J. H. Manley

#### SPONGE CAKE

1 cup sifted flour 1 cup sugar 3 eggs ½ cup boiling water 1 teaspoon baking powder Salt and flavoring

Break eggs in sugar and beat until very light and creamy, about 10 minutes. Fold in flour sifted with baking powder; add salt and flavoring; last stir in boiling water. Bake in layers in quick oven. When cold spread whipped cream between layers and on top and serve.

Mrs. D. W. MacLeod

#### CREAM SPONGE CAKE

2 teaspoons baking powder 4 eggs 4 tablespoons cold water 1 cup sugar

11/2 cups flour Mix and bake in two jelly tins.

#### Filling

Boil 1 cup milk, 1 tablespoon corn starch mixed with cold water, 2-3 cup sugar, 1 egg, and butter size of walnut. Flavor to taste.

Mrs. O. N. Gilbert

#### GINGER BREAD

½ cup sugar 1 cup molasses

½ cup butter 2 teaspoons soda (dissolved in 1 cup

1 teaspoon ginger boiling water)

21/4 cups flour 1 teaspoon cinnamon

½ teaspoon salt

Two eggs beaten lightly and put in last. Very good.

Mrs. C. P. Hines

#### ANGEL GINGER BREAD

1 small cup sugar Large ½ cup syrup 1/2 cup lard 1 teaspoon ginger 2 eggs Dash of salt

2 level teaspoons soda mixed with 2 cups flour (rounding)

hot water

Stir all together, then add 1 cup of boiling water. This will make the batter very thin, but don't add more flour.

Mrs. J. H. Manley

#### SPICE LAYER CAKE

2 eggs 1 cup sour cream 1 cup sugar 1 teaspoon soda ½ cup butter 1 teaspoon cinnamon ½ cup molasses 1 teaspoon nutmeg 2 cups flour 34 cup nuts and raisins 1/4 teaspoon salt

Method: Mix dry ingredients and add to liquids.

Mrs. E. J. Munson

#### SULTANA CAKE

2 cups sugar 1 cup butter

5 eggs 4 cups sifted flour

4 cups sifted %4 cup milk

2 teaspoons baking powder

2 lbs. sultana raisins 1 cup sliced citron

34 cup blanched and chopped almonds

Lemon flavoring and salt

Cream butter and sugar; add well-beaten eggs, then add milk, flour and baking powder. Sift about a cup of flour over fruit and stir lightly in batter. Bake in one large loaf or two small ones in very slow oven.

Mrs. D. W. MacLeod

#### BOILED RAISIN CAKE

Clean 11/2 cups raisins, add 1 cup water, and let simmer.

% cup white sugar % cup butter

1 egg, beaten
½ cup raisin water, cooled

Add raisins and cook in a slow oven. and soda

1 teaspoon cinnamon, cloves, nutmeg 1½ cups flour

#### Icing

Pulverized sugar, 1 tablespoon butter, 1 teaspoon vanilla, enough bot coffee to make a thick paste.

### Mrs. E. J. Mackay

#### DARK LAYER CAKE

½ cup brown sugar ½ cup syrup Butter, size of an egg 1 egg % cup water Small teaspoon soda Mix very thin.

#### Filling

One cup brown sugar, a little water; cook till it hairs from a spoon. Stir in beaten white of an egg. 1 cup chopped raisins, 1 cup chopped nuts.

Mrs. J. H. Manley

#### BITTER SWEET ICING

Put one unbeaten egg white, 3 tablespoons cold water and 1-3 cup white sugar into double boiler. Beat continually with a Dover egg beater for 8 minutes. Have outer water boiling briskly all the time. Then remove from stove and add 14 chopped marshmallows. Beat until it thickens and spread on cake. Let set a few minutes. Have ready ¼ cake unsweetened chocolate melted, and when still warm pour quickly over marshmallows, just a thin layer, and do same quickly, as it will harden almost at once.

Mrs. H. A. Benjamin

#### COFFEE CAKE

½ cup brown sugar ½ cup white sugar

1 egg 1 cup sweet milk 3 teaspoons baking powder 3 cups flour

1 teaspoon nutmeg

Salt

2 tablespoons melted butter

Sift flour before measuring. Let rise % hour and bake % hour. When baked mix % cup melted butter, add as much sugar as it will dissolve, flavor with cinnamon, spread on hot and cover so it will steam.

Mrs. Geo. Edworthy

#### SILVER AND GOLD CAKE

½ cup butter 11/4 cups sugar 1 teaspoon vanilla

4 eggs

Few drops lemon extract

3 tablespoons milk

1 cup pastry flour 1 teaspoon baking powder

¼ teaspoon salt ½ cup almonds

Beat butter to a cream with ½ cup of sugar and vanilla; add yolks of eggs, well beaten; stir in milk, sift flour with baking powder and salt, beating into the batter, adding lemon extract. Spread the batter quite thinly in a well-greased and floured pan. Now whip the whites of eggs to a stiff froth, add to them the 34 cup of sugar and beat very hard until the mixture resembles snow and will hold its shape, then fold in the almonds blanched and roasted a little. Spread this over the cake batter, sprinkle finely with granulated sugar and bake 1/2 hour.

Mrs. A. J. Shulman

#### CANDIED GINGER CAKE

1 large cup sugar ½ lb. butter 5 eggs 2½ cups flour

1 heaping teaspoon baking powder Large cup ginger, cut fine Moderate oven.

Pinch of salt

1/2 cup butter

½ cup milk

Mrs. A. J. Shulman

#### WALNUT SPANISH CAKE

1 cup flour 1 teaspoon baking powder 1 tablespoon cinnamon 2-3 cup finely chopped walnuts

in square pan.

1 cup sugar Cream butter, add slowly the sugar, creaming constantly. Sift together flour, baking powder, cinnamon and mix with the walnuts. Beat yolks, add the milk and beat thoroughly. Add the yolks a little at a time, alternately with the walnut mixture, fold in the beaten whites last. Bake 30 minutes

Caramel Frosting

Two cups of brown sugar, ½ cup of cream or milk, ½ cup of butter, 1 teaspoon of vanilla. Boil sugar, cream and butter until it forms a ball when dropped in cold water; cool, add vanilla, and beat 20 minutes.

Mrs. A. J. Shulman

#### WHITE FRUIT CAKE

4 cups sultana raisins 1½ cups butter 1½ cups white sugar 6 eggs ½ cup sweet cream

1 teaspoon baking powder

1/4 lb. citron
1/4 lb. cherries
1/4 lb. lemon and orange

Two small tablespoons flour to roll fruit in. Put raisins in cold water and let come to a boil, drain and cool. Add two eggs at a time.

Bake 1½ hours in slow oven.

Mrs. A. J. Shulman

#### (DEM.) MOUNTAIN CREAM ICING

lcup sugar 3 tablespoons water

Whites 2 eggs Flavoring

Let sugar and water boil until it hairs, pour over stiffly beaten egg whites. Add flavoring and beat until cold.

Mrs. A. M. Moline

#### **ENGLISH FRUIT CAKE**

1½ lbs butter 1½ lbs. flour

12 eggs

1 ½ lbs. granulated sugar 2½ lbs. seedless raisins 2½ lbs. seeded raisins 2½ lbs. currants

2 lbs. dates 1½ lbs. lemon peel 1½ lbs. citron peel

1½ lbs. orange peel

½ lb. angelica peel

1 lb. blanched and pounded almonds

1 cup pineapple juice

Add pineapple with fruit (use the shredded, and drain)

3 nutmegs

2 teaspoons cloves

2 teaspoons cinnamon 2 teaspoons mace

2 teaspoons alspice 2 teaspoons ginger

Bake slowly 4 or 5 hours, the slower the baking the darker the cake. Pour brandy over cake when baked.

#### Almond Icing

1 lb. almonds Juice of 1 lemon

1 tablespoon rosewater

1 tablespoon bitter almond Yolks of 4 eggs

Mix all together and thicken with icing sugar. Put white icing over all.

Mrs. A. J. Shulman

#### CHOCOLATE LAYER CAKE

Five level tablespoons butter, 3½ squares Baker's Premium No. 1 chocolate, melted; 1 cup milk. About 21/2 cups sifted flour, 1 cup granulated sugar, 3 eggs, 3½ level teaspoons baking powder. Cream butter, add sugar, melted chocolate, the whole eggs and beat all until smooth. Set this aside to cool. Add vanilla and ½ cup of the flour in which has been sifted the haling powder. been sifted the baking powder. Then add milk and remaining flour alternately, using enough flour to make mixture stiff enough to drop from the spoon. This makes it seem stiffer than other cake mixtures, but the amount of flour given will not be too much. Beat until very smooth. Bake in square or round tins 20 to 25 minutes or until the cake springs back when pressed with the finger. Put layers together with a thick white frosting lightly covered with marshmallows cut in small pieces or omit the marshmallows and press half walnuts into the frosting while it is soft. When marshmallows are not used add 1 teaspoon of vanilla to the cake mixture. I always use Magic Baking Powder as I find it gives the best results.

Mrs. W. I. Ovans

NOTE: The above recipe took first prize at the Calgary Exhibition and also at the Edmonton Exhibition.

#### YELLOW COCOANUT CAKE

Grated rind of 1 large orange and juice, ½ cup butter, 1 cup sugar, 4 egg yolks beaten light, a little more than ½ cup milk, 1¾ cups flour, 2½ teaspoons baking powder, 1 egg white beaten light.

Cream butter and sugar with grated rind and add juice, eggs, alternately milk and flour. Sift flour several times with baking powder. Fold in egg white, bake in layers. Make boiled icing mixed with cocoanut and cover the top and sides and sprinkle cocoanut on top. Add a little lemon extract to icing.

Mrs. W. H. Hendrix

#### **FUDGE CAKE**

1 cup white sugar 2 tablespoons cocoa

1/4 cup butter 1 egg

½ teaspoon soda

1teaspoon baking powder

1½ cups flour 34 cup sour milk Little salt

1/4 cup boiling water 1 teaspoon vanilla

Cream the butter and sugar, add the egg and milk, beat with Dover egg beater, sift in dry ingredients and add boiling water last.

Filling for Fudge Cake

1 cup hot water 1 tablespoon cocoa

2-3 cup sugar 1 tablespoon butter

Cook until thick enough to spread on cake.

1 tablespoon corn starch, mixed with a little milk and vanilla and salt to taste.

Mrs. J. M. Strieb

OATMEAL CAKES (No Eggs)

1 cup brown sugar ½ cup butter 1 cup sour milk 1 teaspoon soda

1 teaspoon allspice 1 cup chopped raisins 1% cups flour 1½ cups sifted oatmeal

Cream butter, add sugar and beat, add soda to sour milk and add to sugar and butter; add allspice, flour and oatmeal. Bake in a moderate oven.

Mrs. J. De Man

#### **DELICIOUS POTATO CAKE**

1 cup sugar 2-3 cup butter 1/2 cup hot mashed potatoes 1/4 cup milk 1 cup flour 2 eggs

1teaspoon baking powder 1 square grated chocolate ½ cup chopped walnuts ½ teaspoon cinnamon ½ teaspoon cloves ¼ teaspoon nutmeg

Cream the butter and sugar together, add the yolks of eggs, (well beaten) then the flour, baking powder, and spices (well sifted together), next the milk; then add the potatoes mixed with the chocolate and walnuts. Lastly fold in whites of eggs beaten stiffly. The potatoes must be hot Ice with a white icing. when mixed with chocolate and walnuts.

Mrs. W. R. McFarlane

#### PINEAPPLE CAKE

1 cup sugar ½ cup butter 1 cup milk

2½ cups flour 2 teaspoons baking powder Whites of 4 or 5 eggs

#### Filling

1 can (small) grated pineapple 1 tablespoon cornstarch. ½ cup sugar

Boil until it is of the right consistency to spread over cake and cover with a boiled icing.

#### Mrs. C. P. Hines PINEAPPLE CREAM FILLING

Heat 1 cup water and 1 cup crushed or grated pineapple. Mix 2-3 cup sugar and 2 tablespoons cornstarch, add the hot mixture and bring to boiling point, stirring constantly. Cook in double boiler 30 minutes, pour into 2 egg yolks and cook 3 minutes longer, or until eggs thicken the mixture. Add 1 teaspoon butter and 1 tablespoon lemon juice. Cool slightly and spread on cake.

Mrs. J. M. Streib

#### PRUNE CAKE

1 cup white sugar ½ teaspoon cinnamon, cloves, nutme 1 cup seeded and chopped cooked 1 teaspoon soda dissolved in a little

prunes hot water ½ cup prune juice Yolks of 2 eggs 4 tablespoons butter 2 cups flour

Bake in layer or loaf

Mrs. F. T. Campbell

#### SOUR CREAM CAKE

Good ½ cup sour cream 2 cups brown sugar ½ cup butter Pinch salt 1 cup walnuts 1 teaspoon vanilla ¼ teaspoon baking soda

2 cups flour

5 teaspoons cocoa in ½ cup boiling

water

Beat yolks with butter and sugar to a cream, add sifted flour, etc. and beat well, and lastly beaten whites.

Mrs. Claude Terwilliger

#### LEMON FILLING

One large apple, grated; rind and juice of 1 lemon, and 1 cup sugar. Beat all together for 10 minutes, spread between layers of cake.

Mrs. C. C. Morse

#### APPLE FILLING

Two apples, grated or put through food chopper. White of 1 egg beaten to a stiff froth. Add 1 cup sugar to apple, then put together, beat until thick and white.

Mrs. O. W. Clarke

#### WHITE CAKE

One cup fine granulated sugar, ½ cup butter, creamed; ½ cup cold water, beat together. Add 1 cup Swansdown flour, beat hard, then add ½ cup milk, beat well, then 1 cup Swansdown flour, beat hard. Almond flavoring. Whites of 4 eggs beaten stiff, add and beat hard, 2 teaspoons baking powder (no flour) beat. Put in slow oven quickly and do not open door for 20 minutes.

Mrs. H. Law

#### (DEM.) DATE CAKE

1 cup sugar
4 teaspoons cocoa
1 teaspoon cinnamon;
2 eggs (well beaten)
1 cup sour milk
4 teaspoon cloves
1 teaspoon cloves
1 cup dates

1 teaspoon soda 2 cups flour

One white may be reserved for icing. Wash and cut dates fine.

Mrs. G. W. Monroe

1 cup broken walnuts

#### SPONGE CAKE

5 eggs ¼ teaspoon salt

1 cup Swansdown flour 1 orange (grated rind and juice)

1 cup sugar

Beat the yolks until thick, gradually beat in the sugar, which has the grated rind mixed with it. Add juice of orange. Beat egg whites until stiff. Fold part of them into the first mixture, then fold in the flour which has been sifted before measuring, and to which the salt has been added. Fold in the rest of beaten whites. Bake in tube pan in a slow oven 45 minutes.

Mrs. J. D. Macmillan

#### ALMOND PASTE

Whites of 3 eggs beaten with 3 cups white sugar. Blanch 1 lb. of almonds and pound in a mortar with a little sugar to a fine paste. Then add whites of eggs and sugar and 1 teaspoon vanilla. Cover cake with thick coating of paste, set in a cool oven to dry. When ready to use, cover cake with white icing.

Mrs. A. George

#### BLITZ TORTE

1-4 cup butter
2 teaspoons baking powder
2 cup sugar
4 cup milk
2 teaspoon vanilla
3 teaspoon vanilla
4 cup flour
5 peck of salt

Cream butter and sugar, add yolks of eggs and vanilla. Mix flour and baking powder. Add to first mixture with the milk. Spread in two shallow pans, cover dough with whites of four eggs beaten stiff, mixed with 3-4 cup sugar. Sprinkle 1-4 cup blanched almonds, (sliced) over all. Bake in slow oven about half an hour. Spread custard filling, using orange or lemon flavor. Whipped cream on top.

Mrs. J. H. Rutherford

#### CHOCOLATE ROLL

Five eggs; beat yolk with 3-4 cup powdered sugar and 2 heaping tablespoons cocoa or chocolate. 1 tablespoon flour. Fold in stiffly beaten whites and bake in shallow pan, well greased, 7 to 10 minutes.

While above is baking, get ready sheet of paper well sprinkled with powdered sugar; then turn cake out on it. After it is cold cover with whipped cream and roll; then cover with the following.

½ cup powdered sugar 1 tablespoon cocoa 1½ tablespoons cream 1 teaspoon vanilla

Roll in powdered sugar.

Mrs. J. H. Rutherford.

#### CARAMEL CAKE

Put 1 cup of brown sugar in an iron saucepan, stir over a slow fire until the sugar softens, then me Its and finally becomes liquid and throws off an intense smoke. It really must burn. Have ready  $\frac{1}{2}$  cup of boiling water. Remove saucepan from fire for a moment, throw in the water and stir rapidly and allow it to boil until you have a molasses-like syrup. Bottle it up and put away, as this is enough for several cakes.

#### The Cake

Beat ½ cup of butter to a cream, add gradually 1½ cups of sifted sugar, 1 cup of cold water, the well beaten yolks of three eggs; add 2 cups of sifted flour and beat continuously for about 5 minutes. Add 3 teaspoons of caramel, 1 teaspoon of vanilla and beat again, then stir in carefully 2 teaspoons of baking powder and the well-beaten whites of 2 eggs. Bake in 2 or 3 layers in a moderately quick oven. Do not open the oven for 20 minutes. Bake about 35 minutes.

For icing, use boiled icing recipe, adding caramel until the desired

color.

#### Boiled Icing

Use a tall, narrow, double boiler, the lower part as full of water as possible, and boiling hard. Use a large double egg beater, beating constantly for 7 minutes.

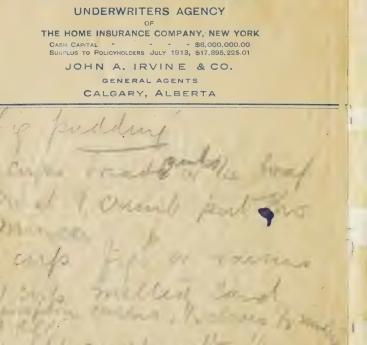
1 cup granulated sugar White of 1 large egg 3 tablespoons cold water 4 teaspoon cream of tartar Pour on cake at once. Cake may be hot or cold.

Mrs. Phillip Wolfe

(Mrs J. P. Ross) lugar, about 2 Lable Spoons Rand Rusy gorlle water (wf



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WINNIPEG FIRE

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#### DEVIL'S FOOD CAKE

One and one-half cups granulated sugar,  $\frac{1}{2}$  cup butter, 2 well-beaten eggs,  $\frac{1}{2}$  cup of sour milk (if using sour cream, whip it and use half the quantity of butter), 1 level teaspoon baking powder, 2 cups sifted flour, salt,  $\frac{1}{2}$  cake Baker's chocolate dissolved in  $\frac{1}{2}$  cup boiling water with 1 teaspoon of soda. Baker's cocoa may be used. Mix ingredients in the order given.

Use boiled icing, add when done, 4 or 5 marshmallows. Beat continuously. Pour on cake, adding a covering of Baker's chocolate which

has been dissolved over boiling water.

#### Icing No. 2

Grate Baker's chocolate and dissolve in as little water as possible. Then take whites of 2 eggs, beaten dry, add icing sugar to right consistency to stay on cake without running, then add the chocolate.

Filling For Devil's Food Cake

Figs and walnuts boiled with a little sugar.

Mrs. Phillip Wolfe

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### BREAD and BISCUITS

#### (DEM.) CORN BREAD

1 pint buttermilk 1½ cups corn meal 1½ cups flour 1 teaspoon soda

1-3 cup sugar 1/2 cup hot lard 1 egg Salt to taste

The batter may seem thin, but it is all right.

Mrs. Fred Miner

#### (DEM.) RUSSIAN BREAD

4½ cups flour 1¼ cups scalded milk 1½ cups raisins 2 eggs Cinnamon to taste

1 cake compressed yeast ½ cup sugar 1/4 cup butter 1 teaspoon salt

Dissolve yeast in scalded milk , cool to 80 degrees, add 11/2 cups flour and mix until smooth; let stand until light and puffy. Add eggs, butter, raisins, salt and remainder of flour and cinnamon. Mix to stiff dough and kneed thoroughly. Let stand until double in volume. Divide into two equal parts for loaves. Cut each loaf into three equal parts. Roll the parts into strips about 12 inches long and tapering to a point at each end. Press ends together and braid, Place on the buttered baking sheet, cover and allow to stand until light. Bake from ½ to ¾ of an hour. When cool, ice with icing made by mixing a few drops of hot water with powdered sugar, flavor with vanilla.

Mrs. F. M. Curtis

#### GERMAN COFFEE BREAD

1½ quarts bread sponge

½ cup butter

½ cup raisins 1 tablespoon lemon extract 1½ cups sugar

1 cup cream, sweet or sour

1 teaspoon salt

If sour cream is used, add a little soda. Stir into the sponge, flour, eggs, raisins and salt, kneeding until a little thinner than bread dough. Let rise until light, then roll out to a thickness of 11/2 inches; let rise again. When ready for the oven, cover cake with ½ cup butter and 1 egg well beaten together. Flavor with lemon, Sprinkle with sugar and lemon and bake until brown in a quick oven.

Mrs. Wallace Swiener

#### RICE GEMS .

1 pint boiled rice 1 tablespoon butter

2 well beaten eggs

1 teacup flour Pinch of salt

Milk enough to form batter

Pour into well greased gem pans or bake on a griddle.

Miss I. N. Campbell

#### POTATO RUSK

2 eggs . ½ cup sugar 1 liquid yeast 1 cup mashed potatoes

½ cup lard

Flour enough to knead soft, let rise until light and make into biscuit. Bake in a moderate oven for about 20 minutes.

Mrs. F. A. McAllister

#### **GRAHAM MUFFINS**

2 cups Graham flour

1/4 cup butter

1 cup milk 1 egg

½ cup white flour ½ cup sugar

1 teaspoon soda dissolved in hot water

Fill muffin tins and bake.

Mrs. H. C. Penhale

#### KAFFEE KUCHEN (COFFEE CAKE)

½ cup sugar

1-3 teaspoon salt

1 cup milk

2 teaspoons baking powder

1 tablespoon lard

1 egg 2 cups flour

Cream together sugar lard and salt, then mix all together.

#### Streise (To be put on when ready for oven)

½ cup flour (scant) 1 teaspoon cinnamon 1 tablespoon lard ½ cup brown sugar

Mix together with the fingers and sprinkle on top of the cake. Bake about 1/2 hour in moderate oven.

Mrs. B. A. Dumper

#### (DEM.) FRENCH ROLLS

1 cake Fleischman's yeast 1 cup milk (scalded and cooled) 1 egg white beaten stiff 2 tablespoons butter (melted) ½ teaspoon salt

1 tablespoon sugar

Dissolve yeast and sugar in lukewarm water (½ cup), and 1½ cups flour; beat until smooth, then add the white of egg and rest of flour, enough to make a firm dough. Knead lightly, using as little flour as possible. Place in greased bowl. Let rise in warm place until double in bulk (2 hours). Mould into ball the size of a walnut, place in pans to rise

for 1/2 hour. Bake 20 minutes in hot oven.

Mrs. A. N. James

#### BUTTERMILK OR SOUR DOUGH BREAD

2 cups graham or whole wheat flour 1/2 teaspoon salt

1 cup white flour (in which put: Good handful brown sugar

Heaping tablespoon dripping or lard 1 teaspoon soda 2 teaspoons cream of tartar 1 cup of sour or buttermilk

Mrs. George C. Hall

#### CORN PONE

1 cup flour 1 cup corn meal 2 teaspoons baking powder sifted with the above. 1-3 cup sugar, creamed with 1 heaping tablespoon butter. 1 egg, pinch of salt, 1 cup milk. Add milk and flour alternately. Bake in quick oven.

Mrs. F. T. Campbell

#### POTATO ROLLS

3 potatoes 1 yeast cake

1 teaspoon salt 1/2 cup sugar 2 eggs

1 cup warm water

34 cup lard and butter mixed

Boil 3 potatoes, while boiling dissolve yeast cake in 1 cup water. Rice potatoes and while hot add shortening, salt, sugar and eggs. Cool to temperature of yeast cake, mix ingredients and set to rise for about 5 hours. Knead in flour gradually until consistency of bread dough. Let rise again. Then form into rolls and let rise. Bake.

Mrs. E. H. Reed

#### GRAHAM GEMS

1 cup graham flour 1 cup white flour

3 teaspoons baking powder 2 tablespoons molasses 3 tablespoons shortening

1 cup milk

1 egg

Mix together dry ingredients, add milk, beaten egg, molasses and melted shortening. Bake in greased gem tins in hot oven for about 25 minutes.

Mrs. F. M. George

#### SODA BISCUITS

2 cups flour

1 tablespoon shortening

Salt

½ teaspoon soda 1 heaping teaspoon cream of tartar

Sift flour with soda, cream of tartar and salt. Mix in shortening. Add enough sour milk to make a soft dough. Knead thoroughly and bake in hot oven. If sour cream is used, omit the shortening.

Mrs. Geo. W. Gates

#### YEAST

1 quart potato water 1 tablespoon salt

2 tablespoons sugar 2 yeast cakes

2 tablespoons flour

Let this rise and then put in a jar until ready for use.

#### **BREAD**

Line mixing pan with flour. Add 1 quart of above yeast and same amount of warm water, 1 cup sugar, 2 tablespoons melted lard. couple handfuls salt. This for 6 or 8 ordinary sized loaves.

Mrs. F. N. Sandgathe

#### WHITE BREAD

2 tablespoons sugar ½ tablespoon salt 2 tablespoons lard

About 6 cups bread flour lukewarm water

1/2 yeast cake dissolved in 1/4 cup milk and 1 cup boiling water 2 cups scalded milk, or 1 cup scalded

Put sugar, salt, and shortening in a mixing bowl, pour on hot water and scalded milk. When cool, add dissolved yeast and, lastly, the sifted flour. Mix thoroughly, then knead till dough is smooth and will not stick to the board. Cover, let rise overnight in a warm place. In the morning, knead again; shape into loaves, having pans half full; set in a warm place, cover and allow it to rise to double its bulk. Brush over with melted butter and bake in a hot oven from 45 to 60 minutes. This makes 2 loaves of bread or 1 loaf and 1 pan of biscuits.

Mrs. O. W. Clarke

#### NUT BREAD

1/4 cup sugar 4 cups sifted flour 1 egg

4 teaspoons baking powder 2 cups milk

1 cup walnuts

Mix well, let stand for 30 minutes to rise. Bake for 30 minutes. Mrs. F. T. Campbell

#### NUT LOAF

1 eup brown sugar 1 cup raisins

Butter 'size of an egg 1 cup chopped walnuts

1 teaspoon soda 1 cup sour milk

Cream the sugar and butter, add egg and beat again. Put the soda in the sour milk. Add two cups of flour, also add raisins and walnuts. Put in loaf tin and let rise 20 minutes before baking.

Mrs. E. T. Chritchlev

#### (DEM.) BRAN GEMS

1 egg 2 cups bran 1 cup milk

3 tablespoons melted butter

1 cup white flour 2 teaspoons baking powder Beat well and bake in gem tins 16 teaspoon salt

1/2 cup sugar

Mrs. E. D. Plummer

#### (DEM.) POP-OVERS

1 eup flour % cup milk 1/4 teaspoon salt 2 eggs

1/2 teaspoon melted butter

Mix salt and flour, add milk gradually in order to obtain a smooth batter. Add eggs beaten until light, and butter. Beat 2 minutes with a Dover egg beater. Turn into hissing hot buttered gem pans and bake from 35 to 30 minutes in moderate oven.

Mrs. C. C. Morse

#### DATE LOAF

Stone and cut 1 cup dates. Sprinkle 1 level teaspoon soda over dates and pour on 1 cup boiling water. While cooling, cream 1 cup brown sugar and butter size of an egg. Add 1 teaspoon vanilla. Pour dates into butter, add 11/2 cups flour. Bake slowly for 1 hour.

Mrs. G. Dickie

#### (DEM.) CORN MUFFINS

2 eups flour 2 teaspoons baking powder 1 egg

1 cup corn meal 2 cups milk 1-3 cup sugar

1 teaspoon salt

#### TEA BISCUITS

One pint of flour, 2teaspoons baking powder, pinch of salt. Knead into this a rounded tablespoon of butter and also one of lard (mix well). Then mix in equal parts of milk and water until the desired consistency for rolling. Bake in hot oven.

Mrs. F. T. Campbell

Mrs. J. F. Charlton

#### BUNS

½ cup butter ½ cup lard 4 cups flour 1 cup white sugar 1 small teaspoon salt 1 egg (well beaten)

Mix up with milk and water, half each. Add 1 teaspoon soda, 2 teaspoons cream of tartar.

#### Filling for Buns

One egg, 1 cup brown sugar, ½ cup flour. Mix above, roll out buns, spread on filling, then roll up and cut into slices. Bake. Do not put too close together, as they spread.

Mrs. A. E. Whitlock

#### DATE BREAD

2 eggs 34 cup brown sugar 1-3 cup butter 1 cup sour milk

About 2½ cups graham flour ½ teaspoon salt Bake slowly. 1 teaspoon soda

Mrs. A. J. Voss

#### SOUTHERN CORN BREAD

2 cups white corn meal 1/4 cup wheat flour 1 teaspoon salt

1 scant teaspoon soda 1 cup heavy sour cream 2 eggs

1 cup dates (chopped)

Beat well and add enough milk to make an ordinary batter (either sweet or sour milk will do). Bake in a hot oven until a golden brown.

Mrs. A. J. Voss

#### DATE LOAF

1 package dates ½ lb. shelled walnuts

1 cup flour 1 teaspoon baking powder 1 teaspoon salt 1 cup sugar 3 eggs Flavoring

Beat sugar and eggs together. Sift flour, baking powder and salt over nuts and dates and thoroughly mix; then add to sugar and eggs.

Mrs. H. E. O'Neill

#### BOSTON STEAMED BROWN BREAD

2 cups rye flour 1 cup white flour 1 teaspoon salt 2 cups sour milk

A few raisins if desired 1 cup molasses 1 teaspoon soda

Mix thoroughly and steam from two to three hours.

Mrs. J. F. Charlton

#### BUNS

Scald 1 pint of milk (cool). When lukewarm, add 1 Fleischman's yeast cake which has been dissolved in a little warm milk, 1-3 cup sugar and enough flour to make batter the consistency of a cake batter. Place in a warm place to rise. When light add 2 eggs well beaten; ¼ lb butter and 1/2 cup sugar, creamed; 1 cup raisins (washed and dried); 1 tablespoon salt, flour to stiffen.

Let rise until double in bulk. Roll and cut. Place in pans and let rise again. Before baking in hot oven, brush top of buns with yolk of egg diluted with cold water. After removing from oven, ice with icing sugar

moistened with hot water.

Mrs. J. F. Charlton

#### CHEESE BISCUITS

2 cups flour

1 heaping tablespoon lard 1 heaping tablespoon butter

1/2 teaspoon salt

2 teaspoons baking powder

34 cup grated cheese

Mix flour, salt, baking powder, lard and butter; add grated cheese. Enough milk to make dough soft enough to drop off spoon onto well greased pan. Bake as you would baking powder biscuits.

Mrs. J. H. Rutherford

#### PARKER HOUSE ROLLS

2 cups scalded milk

3 tablespoons butter

2 tablespoons sugar 1 teaspoon salt

1 yeast cake (dissolved in 1/4 cup

warm water Five Roses flour

Add the butter, sugar and salt to the milk. When lukewarm add the dissolved yeast cake and stir in 3 cups flour. Beat well, cover and let rise until light, then add enough flour to knead, about 2½ cups.

Mrs. W. I. Ovans

#### HAFEN KRANTZ

1 pint lukewarm water 1/2 cup sugar 2 yeast cakes

1 or 2 eggs 1/4 teaspoon salt 1 tablespoon lard

Dissolve yeast cakes in lukewarm water. Mix this with flour into light dough—not too stiff. Let rise, then roll on board and cut in two pieces, spread out with hand and pour over melted butter; fold and roll; let rise again and bake.

Mrs. E. H. Reed

#### BAKING POWDER BISCUITS

4 cups pastry flour

4 teaspoons baking powder

1/2 teaspoon salt

2 tablespoons butter

1½ cups milk

cut into shapes and bake in a hot oven for 15 minutes. Brush with butter.

Mrs. J. H. Hynd

#### BREAD

Evening: Three medium sized potatoes, 3 tablespoons sugar, 1 cake yeast. Put in mixing bowl, cover and let stand overnight.

Morning: 1 pint warm water, 1 tablespoon lard, 1 tablespoon sugar, 2 tablespoons salt. Add this to other ingredients, being careful not to scald yeast, and then add to all, 2 quarts of warm flour. Put in warm place and let stand until it is twice its original size, then knead it well and let stand again. When the dough has doubled its size, make into loaves, Let loaves rise again until double their first size, then bake from 40 to 60 minutes, according to size of loaf, in a moderate oven.

Mrs. H. L. Freeland

#### SCOTCH SCONES

1 tablespoon sugar 1-3 cup lard

2 cups flour 1 egg 4 teaspoons baking powder ½ cup milk

Raisins if preferred ½ teaspoon salt

Bake as baking powder biscuits

Mrs. L. D. Benedict

#### (DEM.) BUTTER HORNS

1 cup mashed potatoes (hot) 2 Fleischman's yeast cakes ¼ cup sugar 2 cups lukewarm water 1/4 teaspoon salt ½ cup butter

Flour enough to make soft dough 4 eggs

Add butter to hot mashed potatoes and put through a sieve, then sugar and salt gradually. Add 1 cup of water and 2 cups flour. Beat yolks and whites of eggs together and add with yeast previously dissolved in last cup of water, to mixture. Let it rise until quite light, then add enough flour to make a soft dough and should be let rise until double itself. Lay out on board, place butter on it and fold in thirds, cut in strips about 1 inch thick, and these should be allowed to rise on bread board until quite light. Roll in shape of snails, put in pans and let rise again for about 1/2 to 3/4 hour. Bake about 20 minutes.

Two cups icing sugar, 1 tablespoon boiling water, flavor with lemon extract, thin out with a little cream. When butter horns are cool, spread this over them and sprinkle with crushed walnuts.

Mrs. A. N. James

#### **BOSTON BROWN BREAD**

1 cup sour milk 1 cup white flour 1 cup sweet milk 1 heaping teaspoon soda 2-3 cup molasses 1 level teaspoon salt

2 cups corn meal

Steam 2 hours and put in oven to brown.

Mrs. A. J. Shulman

#### DINNER ROLLS

4 cups flour 1 tablespoon shortening 1 teaspoon salt 1½ cups milk

6 teaspoons baking powder

Mix to smooth dough; turn out on floured board; knead well to make smooth. Cut into small pieces to make rolls about 4½ inches long by 2 inches wide; form into smooth roll with square ends. Place on greased pans far apart and stand in warm place 20 minutes. Brush with butter, bake in hot oven 10 minutes. Brush again with butter; bake 5 minutes and serve hot.

Mrs. J. D. Macmillan

#### **GRAHAM MUFFINS**

2 cups graham flour ½ cup sugar 1/4 cup butter 1 teaspoon soda dissolved in hot 1 cup milk water 1 egg Fill muffin tins and bake. 1/2 cup white flour

Mrs. H. C. Penhale

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# RYE AND CORN MEAL MUFFINS

1½ cups rye flour
½ cup corn meal
½ teaspoon salt
4 teaspoons baking powder

1 tablespoon sugar 1 tablespoon shortening 34 cup milk and water

Mix dry ingredients, add liquid and melted shortening, beat well and bake 30 minutes in a hot oven.

Mrs. Earl Crosman

#### **BROWN BREAD**

3½ cups graham flour ½ cup brown sugar 1 teaspoon salt Nuts or raisins 2 tablespoons melted Crisco ½ cup molasses
1 egg
1½ teaspoons soda
Bake 1 hour in a slow oven.

Mrs. F. G. Field

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## PRESERVES, MARMALADE AND **JELLY**

#### PRUNE CONSERVE

2½ lbs. prunes

1/2 lbs. seedless raisins 2 oranges (juice and grated rind) 1 cup water

1/2 cup chopped walnuts 21/2 lbs. sugar

Cook together 40 minutes, adding the orange juice and nuts 10 minutes before taking off the fire. Seal in jars.

Mrs. M. T. Chamberlain

#### GINGER PEARS

8 lbs. pears, sliced thin 1/4 lb. crystallized ginger

8 lbs, white sugar

4 lemons sliced thin 1 pint water

Cook until thick.

Mrs. J. H. Lavender

#### TUTTI-FRUTTI MARMALADE

1 cup diced cantaloupe 1 cup diced peaches

1 cup diced tart apple 1/2 cup diced pineapple

1 grated rind and juice of 1 lemon 21/2 cups sugar

Mix all together and cook until thick and clear; then seal.

Mrs. V. Pearl Bateman

#### PLUM CONSERVE

5 lbs, blue plums or prunes 4 oranges, juice and rind

5 lbs. sugar 1 cup cut walnuts

2 cups water

Boil 40 minutes, 10 minutes before removing from fire add juice of oranges and walnuts.

Mrs. W. R. McFarlane

#### ORANGE MARMALADE (Not Bitter)

9 good navel oranges

1 whole lemon, pulp of 2 more

Cut off the ends and slice very thin. Weigh and add one quart of water to each pound of fruit. Let stand overnight, then boil the fruit and water 20 minutes, or until the rinds are tender; set aside until following day. Weigh and add 1 lb, of sugar to every pound of fruit and juice. Boil 20 minutes, or better still, cook in small quantities as you do jelly.

Mrs. F. D. Murchison

#### PINEAPPLE AND STRAWBERRY CONSERVE

1 pineapple, shredded 3 cups sugar

¼ cup water

2 quart boxes strawberries

Boil until thick, when ready to remove from fire add 1 cup chopped almonds. Makes 10 glasses.

Mrs. J. M. Stroib

#### QUINCE HONEY

5 cups granulated sugar

2 cups cold water

1 cup grated quinces

Boil until thick like honey.

Mrs. H. Law

#### PEACH MARMALADE

3 lbs. sugar

1 cup water

4 lbs. peaches (cut fine)

1 cup chopped walnuts

Boil slowly about 1 hour, add nuts when nearly done-skim and bottle.

Mrs. G. W. Monroe

#### PEAR CONSERVE

3 lbs. pears, after peeled

1 package raisins (ground)
1 cup shelled peanuts (ground)

orange, grind peel and all
lbs. granulated sugar

Cook for 15 minutes.

1 package dates (ground)

Mrs. James R. Scott

#### MARMALADE

1 grapefruit

Sugar Water

1 lemon 1 orange

Shave the orange, lemon and grapefruit very thin, rejecting nothing but the seeds and cores. Measure the fruit and add to it 3 times the quantity of water. Let it stand in an earthenware dish overnight, and next morning boil for ten minutes only. Stand another night and on the second morning add pint for pint of sugar and boil steadily until it jellies. Stir as little as possible during the two hours or more of cooking

Mrs. H. L. Freeland

#### RHUBARB AND ORANGE MARMALADE

Use equal parts of sugar and rhubarb unpecled, but cut very fine. Add one whole orange and ½ lb. of raisins chopped fine to each pound of rhubarb. Mix thoroughly and allow to stand several hours in a stone or agate kettle. Then cook down until very thick.

Mrs. H. L. Freeland

#### GREEN TOMATO MARMALADE

Chop 2 quarts of green tomatoes fine, 2 lemons cut fine, a little water. Boil until tender and add cup for cup of sugar. Cook until it jellies and add ginger root to taste.

Mrs. H. L. Freeland

#### PEACH AND ORANGE CONSERVE

¾ cup corn syrup 1 dozen peaches, peeled and cut medium fine

1 pint of water ½ doz. oranges (grated rind and ½ lb. finely shredded blanched almonds

pulp) 6 cups of sugar

Cook till clear and thick-about 15 minutes-and add the almonds after taking from fire. Makes about 10 glasses.

Mrs. A. G. Archibald

#### ORANGE AND PEACH MARMALADE

12 peaches 6 oranges
1 quart water 4 cup syrup
3 pounds sugar 4 lb. almonds

Grate rind of oranges, chop peaches and orange, add water, sugar and syrup and boil till it jellies. Chop the blanched nuts, and seal.

Mrs. J. De Man

#### GRAPEFRUIT MARMALADE

Six grapefruit, 6 lemons. Slice thinly as possible, weigh, and to each pound add 3 pints of cold water. Set aside for 24 hours, then boil gently until all is perfectly tender. Set aside again until the next day, weigh again and to each pound add 1 lb. sugar. Let boil until it jellies on a cold plate. This is excellent.

Mrs. A. J. Voss

#### APRICOT MARMALADE

1 basket apricots 1 teaspoon salt

3 lbs. sugar 1 orange, juice and rind (ground)
Cook until tender. Blanched almonds may be added if desired.

Mrs. S. S. Savage

#### STRAWBERRY PRESERVES

Add equal pound of strawberries and sugar, let stand overnight and there will be sufficient amount of juice to nearly cover the berries. Bring to a boil only, place thinly on flat dishes and let set in the sun for 3 days and they will be a most beautiful deep red preserve, with no tendency to ferment. Raspberries may be treated the same way. The fruit will not lose its color.

Mrs, J. H. Lavender

#### CHOICE CONSERVE

3 cups plum or grape pulp 3 oranges

2 cups seeded raisins 1 cup nut meats

3 cups sugar

Cook and strain the fruit. Grind raisins, oranges and nuts. Mix all ingredients and cook 20 minutes.

Mrs. E. E. McMahon

#### (DEM.) CRABAPPLE AND ORANGE CONSERVE

It is a good idea to make crabapple and orange conserve at the same time that crabapple jelly is made, for the pulp that remains after extracting the juice may be utilized for the conserve. However, if it is desired to make it at some other time, fresh pulp can be prepared for the purpose

1 quart crabapple pulp

8 oranges

3 lbs. sugar

To the crabapple pulp add the sugar, and place over the fire to boil. Peel the oranges, scoop out the white portion from the peelings, cut the peelings into thin strips and add to the crabapple pulp. Remove the pulp of the orange from the skins and from between the sections, cut it into small pieces and add to the boiling mixture a few minutes before it is removed from the stove. When it has cooked thick, pour into hot sterilized glasses. Cool and then seal and label.

Mrs. J. B. Frazier

#### CARROT CONSERVE

Peel carrots and cook until tender. Drain in colander overnight, mash and weigh, using 1 pound of pulp to 1 pound sugar, and 2 lemons cut up fine. Cook slowly until it is like marmalade.

Miss I. N. Campbell

#### RASPBERRY AND CURRANT JELLY

Raspberries are almost too dry to make perfect jelly, but may be combined with any of the currants and then proceed as with the currant jelly.

RED, WHITE, OR BLACK CURRANT JELLY

Pick oover and wash but do not stem, the currants. Mash in the preserving kettle with a little water, and allow to stand for a little while. Then heat slowly and simmer until quite soft. Pour all into the jelly bag and hang up to drip overnight. Measure the juice and put on to boil. Boil 5 minutes, then add an equal quantity of heated sugar, and bring to a boil again. When the thermometer registers 222 degrees Fahrenheit, remove the jelly immediately from the fire. If testing without a thermometer, commence testing after 5 minutes boiling, and remove as soon as it jellies on the plate. Pour into glasses and when cold cover with parowax or paper.

PLUM JELLY

Remove stones, add a little water and boil until a pulpy mass. Drain in jelly bag. Add an equal amount of heated sugar and boil to 222 degrees or until it jells on a plate.

#### GRAPE JELLY

Mash in the preserving kettle and boil slowly until the juice runs freely. Rub through sieve, keeping back the skins and seeds. Then strain through a jelly bag. Work quickly in order to keep it still warm. Return immediately to the fire and boil for 20 minutes, then add heated sugar, 1 pound to each pint of juice, and boil again to 222 degrees, or until it jells. Keeping the juice hot from start to finish helps to harden it.

The fruit should be juicy and ripe, but not over ripe. Quarter without paring, removing any spots in the core. Put on to boil with enough water to keep from burning. Add more water while boiling, if necessary. When a pulpy mass, put in jelly bag to drip. When through dripping, take the pulp and add a small quantity of water and boil again. Let drip and combine the two juices, then boil for 20 minutes, and to each pint add 1 pound heated sugar. Stir and boil until it jellies, or to 222 degrees.

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# READ THESE "DONT'S" BEFORE YOU FAIL

You may then not need to read them after

**DON'T** fail to test jars with new rubbers before sterilizing.

**DON'T** try, at first, to can vegetables in any jar larger than a quart. The smaller the jar the easier it is to sterilize.

**DON'T** use old rubbers. It is cheaper to buy new rubbers than to lose your vegetables.

**DON'T** try to use a wide rubber on a screw-top jar. The wide rubbers fit the spring-top jar and the narrow rubbers the screw-top.

DON'T shorten the time of sterilization.

**DON'T** fail to seal jars tightly. See that the spring is adjusted to give good pressure on the spring-top jars and that the screw-top does not slip on gem jars.

**DON'T** let the heat down so that the water fails to boil. Keep it jumping.

**DON'T** use a doubtful sealing jar for vegetables. Put some easy-keeping product, such as pickles, jams or jellies in chipped or uneven jars.

**DON'T** use a dirty dish cloth to wipe off the top of the jar. It may undo all your work.

### SUCCESSFUL HOME CANNING OF CANADIAN FRUITS AND VEGETABLES

#### CANNING OF FRUITS AND VEGETABLES

The following is taken from Bulletin No. 32 issued by the Dominion of Canada Department of Agriculture, (Fruit Branch).

THE THEORY OF CANNING—The caming of vegetables in glass sealers in the home is comparatively a new art, and its success depends upon the application of certain well-known laws; for instance, it is known that:

- (1) All decays, moulds, fermentations and rots of food are caused by minute forms of life known as bacteria, yeasts and moulds.
- (2) These minute forms of life exist in the atmosphere and are found in and on everything in nature, especially in and on food products.
- (3) After any food product, especially fruit or vegetable, has reached a certain stage of ripeness, these minute forms of life, if conditions are favorable, will increase exceedingly rapidly by feeding on the food and destroying it.
- (4) Sufficient heat for a sufficient length of time will destroy any form of life.

THE SUCCESSFUL PRACTICE OF CANNING—The success in the practice of canning may be explained in two sentences:

First, the material to be canned must be subjected to enough heat to kill all those forms of microscopic life found in or on it.

Second, after such forms of life have been killed the food product must be hermetically sealed to protect it from sources of re-infection. such as the atmosphere or the hands. The product will then keep indefinitely. This has been proved by thousands of experiments.

Non-success in household canning is due, therefore, either to insufficient sterilization or cooking or to imperfect sealing.

#### NO DANGER FROM POISONING

There is not the slightest danger from poisoning as a result of eating vegetables and fruits canned by the Cold Pack Method, or any other methods recommended in this pamphlet, Provided the instructions as given are followed.

No bacterial life exists, or can exist, in a successfully canned product. Bacillus botulinus will never be found in properly-canned products.

Cooking canned vegetables for ten minutes at the boiling point after opening the jar for use, will even remove any danger in cases where perfect success has not rewarded the efforts of those first attempting to can. This would be true also of fruits, like peaches and pears.

#### SOME EXPLANATIONS

Modern canning depends for success upon heat, rubber rings and perfect jars. The one kills all decay organisms, the other keeps them out.

When "sterilization" is advised it means you are to boil in boiling water or steam long enough to kill the bacteria, moulds, etc.

When "perfect sealing" is advised it means you are to use a new rubber band and a jar which can be depended upon to keep out all air.

If you can by the method which follows you will have fruit and vegetables which will keep for years. If you have never tried before, why not this year?

#### "THE COLD PACK" METHOD OF CANNING

This is a phrase which is used to describe the most common method of handling the produce. Nearly all vegetables are canned in this way. The are packed into the sealers cold and the cooking follows in one of the three ways described in the next three paragraphs.

Sterilizing may be done in three different ways, each of which has

its advantage.

- (1) SINGLE BOILING—This is the commonest method and if carried out carefully there will be but few failures. A common pot or wash boiler is used by making a false bottom of slats to keep the jars off the bottom and thus prevent breakage. The water in the boiler should come half-way up the jars, or with vegetables it should cover the jars at least one inch. A steam cooker such as is ordinarily used in the kitchen works well and is a little more convenient than the wash boiler.
- INTERMITTENT OR FRACTIONAL STERILIZATION—This method is the same as No. 1, except that the sterilization of the food is divided into three periods upon three successive days. If followed out properly there would be absolutely no failures. Thus instead of boiling three hours at once, the jars are boiled one hour each day for three days. However, it requires more handling of jars, more fuel and more work, which is the disadvantage.
- PRESSURE STERILIZATION—This is carried out in a pressure cooker that can be closed and thus produce steam under pressure. This is the most effective and rapid method, but special apparatus is required. The advantage of the steam pressure method is that it requires Small pressure canners can be obshorter time and is more thorough. tained in which from six to thirty pounds pressure can be produced, but as these cost more than the average housewife cares to expend, instructions in this pamphlet outline a canning method where the ordinary wash boiler map be employed with a slat rack upon which to place the cans.

Other utensils recommended consist of enamel kettle, wire basket, or cheesecloth, enamel colander, wire strainer, glass measuring cup, large spoons, fruit masher, pint and quart measure, clean towels and glass

containers.

#### HOW TO SCALD OR BLANCH

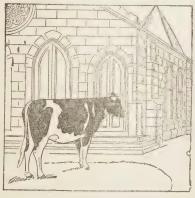
SCALDING is for the purpose of loosening the skin, so that fruits like tomatoes and peaches, for instance, may be peeled easily.

BLANCHING is more thorough than scalding and consists of leaving the product in a large amount of boiling water for a short time. Blanching gives a thorough cleaning and destroys all bacteria on the surface of the product. It often helps to improve the flavor and in some instances it removes strong or objectionable odors or flavors. Blanched peaches and pears have a more transparent appearance, better texture and a mellow flavor.

#### STEPS IN THE CANNING PROCESS

- 1. Prepare the canning utensils and select jars and tops. Make sure that everything is clean and that jars are airtight.
- 2. Sterilize jars for 15 minutes by putting them into a boiler with a false bottom. The water in the boiler should be cold and at least half-way up the jars; the jars upright and partially filled with water, but not touching each other; bring slowly to the boil and boil 15 minutes.
- 3. Wash fruit or vegetables in clean, cold water. Prepare the vegetables as you would if getting them ready to boil for dinner, and the fruit as for serving.
- 4. BLANCH—This is done by putting material for canning into a cheescloth, or a wire basket, and dipping into boiling water from one to twenty minutes.
- 5. COLD DIP—Immediately upon removal from boiling water the product should be plunged into cold water and left till it feels cold to the touch.
- 6. COLD PACK—Pack the cold vegetables or fruit into the sterilized jars.
- 7. To the vegetables add salt—one teaspoon to one quart jar, and fill the jar to overflowing with boiling water.
  - 8. To the fruit add syrup according to instructions in the syrup table.
  - 9. Put on a new rubber and the glass top, but only partly seal the jar.
- 10. Sterilize by putting the jars into a boiler with false bottom. The water in the boiler should be hot—at least half-way up the outside of the jars and the jars upright. Take time after the water starts to boil.

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- 11. Remove from boiler at end of the required time and seal the jars immediately by tightening the covers. The cover must be perfectly tight and must not be opened until needed for use. Invert to test for leaks.
- 12. When cool, wash jars, label and date. Store in a dark, cool, dry place or wrap each jar in paper to prevent bleaching.

#### THE SYRUP TABLE

For	sweet fruits2	cups	sugar	to	4	cups	boiling	water
For	slightly acid fruit4	cups	sugar	to	6	cups	boiling	water
For	acid fruits2	cups	sugar	to	2	cups	boiling	water
	very acid fruits4							

#### CANNING RECIPES IN DETAIL

#### **FRUITS**

The amount of sugar used will also depend on individual taste, but too much sugar spoils the natural flavor of the fruti.

In all cases boil the sugar and water together for 5 minutes, and strain if not clear.

For quart jars of large fruit about 1 pint of syrup is required. For quart jars of small fruit about  $\frac{1}{2}$  pint.

CHERRIES—The large black and sweet white cherries are usually packed unpitted, while the reverse is true of the sour cherries. The unpitted cherries present a better appearance, and many people like the distinctive flavor which the retained pit gives to the product. When cherries are canned whole they should be blanched in hot water at about 180° Fahrenheit for twenty or thirty seconds. This will slightly soften the fruit and prevent splitting. Then drop cherries into a cool syrup and they will plump considerably before packing cold into jars. For sour cherries use a syrup made from 2 cups of sugar to 2 cups of water, and for sweet cherries use a syrup made from two cups of sugar and 4 cups of water. Sterilize twenty minutes.

FRUIT MACEDOINE—A combination of fruits makes an attractive pack in a syrup made from two cups sugar and one and one-half cups water. It is a convenient product to have to serve either as a fruit cocktail, salad or dessert. Any light colored fruits will make a pleasant mixture:

- 1. Green gage plums, pears and gooseberries.
- 2. Peaches, pears and cherries.

Very often fruits such as berries are not included in these combinations because they would discolor fruits of lighter color and would have the tendency to lose their form.

PEACHES—METHOD I—Select firm peaches, wipe and put in boiling water, allowing them to stay just long enough to loosen skins; cold dip; remove skins and either cook fruit at once that it may not discolor or drop into cold water; cut in halves or leave whole, as desired, and pack in sterile jars. Fill jar to overflowing with boiling syrup, using 1 cup sugar to 1 cup water; half seal and sterilize 16 minutes.

PEACHES—METHOD II—Prepare peaches as in Method I; make a syrup with 1 cup sugar and 1 cup water. When it boils add enough peaches to cover the bottom of the saucepan and cook slowly until tender. Place carefully in hot, sterile jars. Fill to overflowing with syrup and seal quickly. Some peach pips should be put in jars for flavor.

PEACHES-METHOD III-Select very firm and perfect peaches; wipe and just cut the skin all round; drop into boiling syrup (use 1 cup sugar to 1 cup boiling water) and cook slowly with the skins on, until tender. Be careful they do not boil hard. Pack whole in hot, sterile jars and seal as in Method II. This is said to preserve the natural flavor and the bloom of the peach. The skin is very easily removed when jar is opened.

PEARS—METHOD I—Pare, cut in halves or quarters and remove the core; put at once into cold water to prevent discoloring. Pack in sterile jars; add boiling syrup (1 cup sugar to 2 cups boiling water). Fill to overflowing and sterilize 20 minutes. Flavor may be varied by adding to each put jar ¼ lemon (cut fine) and ½ tablespoon preserved ginger (sliced fine) or a small piece of ginger root.

PEARS—METHOD II—Prepare fruit as in Method I; make a syrup of 1 cup sugar to 2 cups boiling water. Add fruit to syrup and also ¼ lemon (sliced fine) ½ tablespoon preserved ginger (cut fine) or a small piece of ginger root; cook slowly, watching carefully, until tender. Place each piece separately in hot, sterile jars with a fork; fill to overflowing with boiling syrup and seal.

PLUMS-METHOD I-The greengage, yellow egg and Lombard are the varieties of plums used for canning. Only sound, uniform fruit should be selected; stem, wash, grade, prick with needle to prevent bursting, pack as firmly as possible without crushing, cover with a syrup made from

wo cups sugar to two cups water and sterilize twenty minutes.

PLUMS-METHOD II-Cook in syrup (using 1 cup sugar to 1 cup boiling water) in saucepan until tender, then pack in sterile jars and seal

tightly.

RASPBERRIES-METHOD I-Pick over and wash fruit. Pack in sterilized jars as closely as possible without crushing. Fill to overflowing with syrup made with one cup of sugar and two cups of water. Sterilize 16 minutes.

STRAWBERRIES—Wash carefully, pack in sterilized jars, cover with boiling syrup to overflowing, using syrup made with one cup sugar and one cup water. Sterilize 16 minutes.

#### VEGETABLES

BEANS—METHOD I—Wash, string and remove ends of beans. Cut in ½-inch pieces or leave whole; blanch 5 minutes; cold dip and pack closely in hot, sterilized jars. Add 1 teaspoon salt to each quart jar. Cover with boiling water to overflowing, adjust rubbers and stops and sterilize for 2 hours. Young beans may be packed whole.

BEANS-METHOD II-2 cups boiling water, ½ cup salt, 9 cups

beans.

Wash, string and remove ends of beans; cut in ½-inch pieces. Boil salt and boiling water for 10 minutes; add beans and boil 20 minutes. Pack in hot, sterile jars; fill to overflowing with liquid or boiling water and seal at once.

BEETS-Wash beets thoroughly, leaving on roots and one or two inches of stem to prevent loss of color. Blanch 15 minutes in water that is kept boiling, or steam if possible. Cold dip and remove skins, roots and stems. Pack closely in sterilized jars. Add one teaspoon of salt, one tablespoon vinegar and one teaspoon sugar to each quart jar. Fill jar to overflowing with boiling water, adjust rubbers and covers and sterilize for one hour.

CARROTS-Wash and scrub carrots. Blanch five minutes in boiling water. Cold dip, cut off roots and pack upright in jars as closely as possible. Add one teaspoon of salt to each quart jar. Fill jar to overflowing with boiling water. Adjust rubbers and covers. Sterilize two hours.

CAULIFLOWER-Cut flowered portion into pieces small erough to be easily packed in jars. Place in water slightly salted, for one hour.



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Blanch three minutes, then cold dip. Pack in sterilized jars. Add one teaspoon salt to each quart jar. Fill jar to overflowing with boiling water. Adjust rubbers and covers. Sterilize one hour.

CORN-Blanch the corn on the cob five minutes. Cold dip for one minute. Cut off the kernels, pack and press firmly into sterilized jars. Add boiling water so that the corn-juice may fill all spaces to within 1/2 inch of the top, as corn swells during sterilization. Add one teaspoon of salt and 1 tablespoon sugar to each quart jar. Adjust rubbers and covers and partly seal. Sterilize three hours.

GREENS, (Spinach, Beet Tops, etc.)—Choose young leaves and wash carefully. Blanch 20 to 30 minutes in a steamer or plunge in boiling water

carefully. Blanch 20 to 30 minutes in a steamer or plunge in boiling water 3 minutes, then cold dip. Pack tightly in sterilized jars. Add one teaspoon salt to each quart jar. Fill jar with boiling water to overflowing. Adjust rubbers and covers. Partly seal. Sterilize two hours.

PEAS—It is of the greatest importance that peas for canning be young. Blanch, cold dip and pack one jar at a time. Wash and shell, blanch five minutes, then cold dip. Pack in sterilized jars. Add one teaspoon of salt and 1 teaspoon sugar to each quart jar, and fill with boiling water to overflowing. Adjust rubbers and tops. Partly seal. Sterilize three hours. A leaf of spinach on top of each jar before adding boiling water will help keep the bright green color.

TOMATOES—METHOD I—Choose medium sized, firm, ripe tomatoes. Wash and scald for two minutes in boiling water. Place in cold water. Remove the skins and core without cutting into seed cells. Pack whole in jars. Add one teaspoon of salt to each quart jar. Fill the spaces in the jar with boiling water or tomato juice (made by stewing large or inferior tomatoes about ten minutes and pressing through fine sieve).

inferior tomatoes about ten minutes and pressing through fine sieve).

Adjust rubber and covers. Partly seal. Sterilize 33 minutes.

TOMATOES—METHOD II—Tomatoes may be packed closely in hot, sterile jars, covered with water which has been boiled and cooled, and steamed 20 minutes; then filled to overflowing with boiling water and sealed; or they may be packed closely, without crushing, in hot, sterile jars, steamed 20 minutes, then filled to overflowing with boiling water and sterilized 20 minutes longer.

TOMATOES—METHOD III—Peel tomatoes, cut into pieces; heat slowly to boiling point; cook until very soft. Skim and add 1 teaspoon salt to each pint jar; seal in hot, sterile jars. For convenience in making soups and sauces, tomatoes cooked in this way may be strained.

re-heated to boiling point and sealed in hot, sterile jars.

SWEET PEPPERS—Cut around the stem of each pepper and remove the stem and all of the seeds; wash the peppers, pour in boiling water to cover and boil 2 minutes; drain, rinse in cold water and drain again, then pack closely in hot, sterile jars. Fill to overflowing with boiling water, adjust rubber and cover; sterilize 10 minutes in hot water bath. Test the peppers with a knitting needle, and, if tender, fill the jar to overflowing with boiling water and sterilize 10 minutes longer. Keep the jars in a cool, dry place.

CANNING CORN ON THE COB-Can the corn the same day it is CANNING CORN ON THE COB—Can the corn the same day it is picked. Remove the husks and silk and grade for size. Blanch on the cob in boiling water for 15 minutes; cold dip. Pack in half gallon jars, alternating the butts and tips. Add 2 tablespoons salt and 2 tablespoons sugar to each jar and fill to overflowing with boiling water. Place rubbers and tops in position and partially seal. Sterilize in hot water bath 3 hours.

CANNED TOMATOES FOR SALADS—Sterilize jars; blanch, cold dip. Peel and take the hard centres out of the tomatoes without cutting into the seeds. Use under-ripe tomatoes, very firm and free from any blemishes; pack tightly and firmly, but without bruising, in hot, sterilized income and nour on hoiling brine made in the following way—"Boil 1-3 cup

jars and pour on boiling brine made in the following way—"Boil 1-3 cup salt, ½ cup vinegar and 4 cups water. Boil well and strain through cheesecloth, then bring to the boil again." Adjust sterilized rubbers, take out the air, fill the jars to overflowing with boiling brine and seal at once. Use only the most perfect tomatoes. Tomatoes canned in this way are firm enough to use for salads.

### **PICKLES**

#### (DEM.) PICKLED CUCUMBERS

Fifteen large cucumbers cut in eighths lengthwise, 1 stalk celery. Let stand in ice water 3 or 4 hours. Put 1 slice onion in jar, pack in cucumbers and celery; over this pour ¼ cup mustard seeds. Take 1 quart vinegar, 1 cup sugar, ½ cup salt, and let come to boil. When cool pour over cucumbers and seal.

Mrs. M. J. Walker

#### (DEMA) RIPE TOMATO RELISH (Cold)

One peck ripe tomatoes, 6 large onions, 6 peppers, small cup mustard seed, small ½ cup salt, 2 cups chopped celery, ¾ lb. granulated sugar or two teacups; 1 quart white wine vinegar. Chop tomatoes, let drain for about an hour in colander and then mix well with all the ingredients and pack in sterilized jars.

Mrs. T. H. Harmon

#### SWEET PICKLED PEACHES

Put 2 lbs. of brown sugar, 2 cups vinegar and 1 oz. stick cinnamon in a pan. Bring to boiling point and let simmer 20 minutes. Drop ½ peck of peaches, one at a time, quickly in hot water, then rub off the fur with a towel. Stick each peach with four cloves. Put into syrup and cook until soft, using one-half the peaches at a time.

Mrs. Wm. Brady

#### ICE WATER PICKLES

Wash and quarter lengthwise, medium sized cucumbers, and soak 2 or 3 hours in ice water. Place in each jar 2 or 3 slices of onion. When filled with cucumbers, add 1 teaspoon celery seed, 1 teaspoon white mustard seed. Pour over vinegar boiling hot. To 1 quart vinegar add  $\frac{1}{2}$  cup salt and  $\frac{1}{2}$  cups sugar.

Mrs. Wm. Brady

#### CUCUMBER SALAD

7 large cucumbers 8 large onions 1 red pepper Salt 1 cup water
2½ cups sugar
½ cup flour
3 tablespoons mustard
11. 1 teaspoon ginger

Let stand 2 hours; drain well. 3 cups vinegar

½ teaspoon tumeric

Heat, but do not cook; just pour thick mixture over raw vegetables. Seal.

Mrs. C. H. Harry

#### CABBAGE RELISH

½ head cabbage 2 green peppers 2 pimento (chopped fine) ½ cup sugar 1 teaspoon celery seed
Salt and pepper to taste
Vinegar (diluted with water if too
strong) to cover

Miss E. Hickle

#### CHUTNEY

2 doz. med. sized ripe tomatoes
6 med. sized onions
1 lb. seedless raisins
1 cup celery cut fine
1 quart vinegar
3 med. sized green peppers
3 cups sugar
1 doz. tart apples
3 class salt to taste

Chop vegetables and apples separately. Combine ingredients and cook until it is thick and clear, then seal.

Mrs. G. Huser

#### CORN RELISH

1 doz. corn
1 head cabbage
2 red peppers
4 large onions
6 stalks celery

3 cups brown sugar
½ cup salt
¼ cup mustard mixed with 2 pints
vinegar
Boil one-half hour.

Mrs. James R. Scott

#### CUCUMBER AND CELERY PICKLES

1 doz. good sized cucumbers 2 sw 3 good sized stalks of celery 6 me

2 sweet red peppers 6 medium sized onions

Thoroughly wash celery and cucumbers and ICE overnight. Next day, cut each cucumber in about 6 long strips; place upright in half gallon glass jars, alternately with strips of the celery. Fill jar with sliced onions and one or two strips of the peppers. Over this pour following mixture:

2 quarts white vinegar

1/2 cup salt

2 cups sugar

This must be heated before pouring on cucumbers, etc. Should stand at least 6 weeks before using.

Mrs. J. H. Rutherford

#### FRENCH RELISH

2 qts. green tomatoes2 qts. cabbage2 qts. silver onions2 qts. cauliflower2 qts. cucumbers6 red peppers

Chop medium fine. Use about 1 large cup salt and let stand overnight. Drain next morning and scald in 2 quarts vinegar. Blanch 4 bunches of colery which has been scalded.

#### Mixture

¼ lb. mustard½ oz. celery seed½ oz. tumeric1½ cups flour½ oz. mustard seed3 lbs. brown sugar

1 extra quart of vinegar as well as that which was poured off . Mix well.

Mrs. J. D. Macmillan

#### CUCUMBER RELISH

12 cucumbers

2 peppers

2 onions

Chop all fine. Add ½ cup salt and let stand overnight. Drain and add 1 cup sugar, ½ cup horseradish, 2 tablespoons white mustard seed and 1 teaspoon celery seed. Cover with cold vinegar and seal.

Mrs. V. Pearl Bateman

#### **CUCUMBER PICKLES**

Two dozen small cucumber pickles sliced thin, leaving rind on. Salt well and let stand overnight, or 3 hours. Add 6 onions and let stand 3 hours longer. Drain off the brine and mix with the following: 1/2 cup of olive oil

½ cup black mustard seed ½ cup white mustard seed Makes 1 gallon. 1 tablespoon of celery seed

1 quart vinegar

Mrs. Ira Ferguson

#### BEAN PICKLES

2 quarts string beans
2 cups vinegar
2 cups white sugar
1 tablespoon celery seed

Salt to taste
1 tablespoon mustard
1 tablespoon tumeric
1 tablespoon flour

Cook until soft, beans, vinegar, sugar, salt and celery seed. Mix mustard, tumeric and flour with a little vinegar and boil 1 minute. Add beans and cook two or three minutes.

Mrs. E. J. Munson

#### **DUTCH RELISH**

1 quart peeled cucumbers 1 quart onions 1 head cauliflower 1 medium sized cabbage

1 quart offices 1 quart green tomatoes

6 small green peppers

Cover with water and a cup of salt and let stand overnight. Drain and cook until tender in more water. Add 12 small sweet cucumber pickles chopped fine. Drain, and add the following:

2 cups vinegar 1 cup flour 10 tablespoons mustard ½ teaspoon tumeric

3 cups sugar

Bottle while hot.

Mrs. C. F. Sewall

#### FRUIT SAUCE

#### Nice with cold meat

30 ripe tomatoes 6 peaches 6 pears 1 quart vinegar 3 red peppers 2 tablespoons so

4 cups sugar

2 tablespoons salt ½ package mixed spice

Chop peppers, boil peaches, pears and tomatoes, and cut into slices. Tie spice in a muslin bag, put in same pan with other ingredients and cook slowly for 2½ hours.

Mrs. C. C. Morse

#### CUCUMBER OIL PICKLES

4 doz. cucumbers, not peeled, sliced fine 1 quart vinegar (brown or cider) 1½ cups white sugar ½ cup black mustard

½ cup salt

½ cup yellow mustard 2 tablespoons celery seed

Bring to boiling point ,add one pint olive or vegetable oil slowly over cucumbers and let stand overnight. Then put in sealed crocks or jars.

Mrs. George C. Hall

30. leng thereto (just a Gargina aptin 2. arya hards of Eliza 2. red peppers 1. tablespoon solls. 1. teacupful of



#### PEACH TOMATO CHILI

13 good sized tomatoes

3 medium onions

3 large pears 3 large peaches 2 cups sugar

11/2 teaspoons salt

1 pint cider or malt vinegar.

% cup whole mixed spice tied in cheesecloth bag. Boil about 2 hours.

Mrs. G. B. Griffith

#### SPANISH PICKLES

1 gallon cucumbers (sliced in thin 2 tablespoons mustard seed

circles)
1 tablespoon celery seed
1 quart small onions (cut not too ½ pint olive oil and enough vinegar fine) to cover

Put cucumbers and onions in cold water overnight with a little salt. Drain dry, mix all together without cooking. Stir three or four times daily for several days and put in bottles.

Mrs. E. J. Mackay

#### PICKLED EGGS

Have the eggs hard boiled, and after removing the shells put them in pickled beet juice until the whites have become colored. Cut lengthwise and serve as a relish.

Mrs. H. K. Adams

#### CHILI SAUCE (As made by the Southerners)

Chop one peck ripe tomatoes fine, add 2 cups chopped onions, 2 cups chopped celery, 2 cups sugar, ½ cup white mustard seed (whole) ½ cup salt, 2 teaspoons ground cloves, 2 teaspoons ground cinnamon, 2 quarts vinegar. Boil all together till thick as desired, then seal or bottle. This is excellent.

Mrs. A. J. Voss

#### CUP PICKLES

1 gallon vinegar

1 cup mustard 1 cup coarse salt

1 cup brown sugar Cut enough cucumbers to just cover with the vinegar. Cork in a large erock and let stand a few months before using.

Mrs. E.J. Mackay

#### BEET RELISH

1 quart cooked beets

1 cup grated horseradish

2 cups sugar 1 qt. raw cabbage.

Cover with hot vinegar and bottle.

Mrs. E. J. Mackay

#### (DEM.) SPICED GRAPES

Pick over, wash and stem 5 lbs. of Concord grapes. Separate the pulp from the skins. Put pulp in porcelain lined saucepan. Heat to boiling and cook slowly until the seeds separate from the pulp. Then rub through sieve. Return to the kettle with the skins and the following ingredients:

3 pounds brown sugar

1 tablespoon allspice 1 pint vinegar

1 tablespoon cloves 1 tablespoon cinnamon

Cook until thick, about 1/2 hour, and stir often.

Mrs. J. M. Streib

#### COLD TOMATO RELISH

1 peck ripe tomatoes (drain)

2 cups onions 4 red peppers

2 cups celery

(Chop onions, celery and peppers fine)

This will keep indefinitely.

2 cups sugar

1 cup mustard seed 1 teaspoon black pepper

4 teaspoons cinnamon 1 teaspoon sage

3 pints vinegar

Mrs. W. Snoxall

#### TOMATO RELISH

1 basket ripe tomatoes 3 good sized onions 1 head celery 1 green pepper

Skin tomatoes and cut all ingredients, then add 1 cup brown sugar, 1 cup vinegar, little pepper, salt, mace and allspice. Cook one hour, or until done, and bottle. Mrs. F. M. George

#### RIPE TOMATO RELISH

One peck ripe tomatoes chopped fine, 1 cup salt sprinkled over them and let stand overnight. Next morning, turn in colander and drain all water off. Then chop separately two cups celery, two cups onions, 3 sweet peppers, and add three cups light brown sugar, 3 pints vinegar, 1 tablespoon cinnamon, 1 small tablespoon black pepper. Mix all together and can in airtight cans. This is delicious and will keep a year or more.

Mrs. O. N. Gilbert

#### MUSTARD PICKLES

(Very nice with fish)

½ peck small onions (peeled) 3 pounds brown sugar

5 cauliflowers 1 tin mustard 100 small cucumbers 2 cups flour

½ dozen small green peppers 1 ounce tumeric powder

1 gallon cider vinegar

Put onions, cucumbers, and cauliflowers into strong brine overnight. Take out of brine in morning and cut into required size (leave onions whole) then make a weak liquid of vinegar and water, just to taste nicely of vinegar, scald onions and cauliflower, few at a time, for 20 minutes; do not let boil, then put vinegar into a kettle with sugar and peppers, mix mustard and tumeric powder with a little vinegar, mix flour with cold water, stir all into vinegar, put in onions, cucumbers and cauliflower and let cook slowly until liquid thickens, put into crock or jars and seal.

Mrs. George C. Hall

#### CUCUMBER RELISH

12 large cucumbers 6 large onions

Slice and sprinkle with 1/4 cup of salt and let stand overnight and then drain.

2 cups brown sugar
1 teaspoon tumeric
1/2 cup flour (more if you like them 1 teaspoon celery seed thick) ½ teaspoon white pepper

1 teaspoon mustard

Mix and boil ten minutes, add the vegetables, and seal.

Mrs. J. De Man

### WATERMELON PICKLE

Pare off very carefully the green part of the rind of a good ripe watermelon. Trim off the red core, cut in pieces, place in a porcelain lined kettle in the proportion of 1 gallon rinds to 2 heaping teaspoons salt and water to nearly cover. Boil until tender enough to pierce with a silver fork. Pour into a colander to drain and dry by carefully pressing in a coarse towel.

Make syrup and treat rinds as for pickled peaches.

Continue adding rinds as melons are used at the table, preparing as above with salt and water. When as many are prepared as one wants, and they are nearly pickled, drain and finish as directed in peach pickle except when the syrup is boiled the last time, put in melons and boil 15 minutes. Set jar near stove. Skim out melons and put in jar a few at a time, heating gradually, then pour in the syrup boiling hot. If scum rises and syrup assumes a whitish appearance, drain, boil and skim syrup, add melons and boil until syrup is like thin molasses.

Mrs. C. E. Fox

### PEACH PICKLES

Pare freestone peaches, place in stone jar and pour over same the boiling hot syrup made in the proportion of 1 quart best cider vinegar to 3 pints sugar. Boil and skim and pour over fruit, boiling hot, repeating each day until the fruit becomes the same color to the centre and syrup is like thin molasses.

A few days before they are finished, place fruit, after draining, in the jars to the depth of 3 or 4 inches, then sprinkle over with cinnamon bark and a few cloves. Add another layer of fruit, then spice, until the jar is full. Scald syrup each day for 3 or 4 days after putting in spice and pour syrup boiling hot over fruit, and if not cooked enough the last time, scald the fruit with the syrup. The proportion of spice to a gallon of fruit is 2 teaspoons whole cloves and 4 tablespoons cinnamon,

Mrs. C. E. Fox

### RHUBARB RELISH

1 quart onions (chopped) 1 teaspoon allspice 1 quart rhubarb (chopped) 4 cups brown sugar 1 teaspoon ground cloves 1 teaspoon cinnamon 1 teaspoon red pepper 1 pint malt vinegar 1 tablespoon salt

Cook all together about 1 hour, or until thick, then bottle.

Mrs. George W. Gates

#### CHILI SAUCE

2 teaspoons cinnamon 40 tomatoes 2 teaspoons cloves 8 green peppers 2 teaspoons ginger 2 teaspoons mustard 1 teaspoon nutmeg 4 cloves of garlic 4 red peppers 8 large onions 12 tablespoons sugar 7 tablespoons salt 9 1/2 cups vinegar

Put through grinder, tomatoes after peeling, peppers, onions, garlie, and boil with vinegar, sugar, salt, to the desired thickness. Add spices and bottle.

Mrs. A. J. Shulman

### CRABAPPLE CHUTNEY

7 lbs. crabapples 3½ lbs. brown sugar

1 quart brown vinegar 2 tablespoons ground cloves 1 dessertspoon salt 2 tablespoons cinnamon

Cook crabs with just enough water to keep from burning, until they are soft enough to press through a sieve. Add sugar, vinegar, spices and salt, and cook 1½ hours. Bottle and seal while hot.

Mrs. W. R. McFarlane

### GREEN TOMATO CHOW-CHOW

1 peck green tomatoes 4 large onions 2 teaspoons ground cloves 2 teaspoons ground cinnamon

6 green peppers; 1 teaspoon cayenne pepper Vinegar

1½ cups brown sugar

Chop tomatoes (not too fine) and let stand in brine overnight. Drain and cover with vinegar (not too strong). Add peppers, onions, sugar and spices and cook until tender. Place in bottle or jars with parowax over them if corks or covers are not available.

Mrs. A. E. Shore

### PEPPER HASH (Pickle or salad relish)

This may be used as a relish, also a tablespoonful added to plain boiled salad dressing with a chopped boiled egg make a good "Thousand Islands" dressing for lettuce or salad.

z. green peppers 1 doz. red peppers 1 doz. small onions After preparing, grind all through meat grinder, Cover with boiling 1 doz. green peppers water and let stand 5 minutes. Drain, add 1 pint (mild) vinegar, 2 cups sugar, 2 tablespoons salt; let come to boil and boil 5 minutes. Put in jelly glasses. Melt wax on top.

Mrs. Ernest Teagle

### REAL SPANISH CHILI SAUCE

Boil 2 gallons of ripe tomatoes 1 hour; add 2 quarts chopped onions, 2 cups sugar, ½ cup mustard seed. Put into bag 1 tablespoon whole black pepper, 1 tablespoon each of allspice berries and cinnamon bark, 1 teaspoon cayenne, salt to taste. Three green and 3 red peppers chopped. Boil 4 hours, then add 2 quarts mild vinegar and boil 1 hour longer. Bottle as usual.

Mrs. W. F. McNeill

### CHERRY OLIVES

Fill quart jars with washed Bing or Royal Anne cherries. Over these pour 1 cup vinegar, use scant cupful if strong; 1 tablespoon salt. Fill up with boiled water cooled to tepid point, and seal.

Mrs. E. E. Nott

### SPICED CHERRIES

Select perfect Bing cherries; wash, but leave stems on, and pack in pint jars. Make a syrup of 1 quart vinegar and 3 cups brown sugar and 2 ounces mixed pickling spice tied in bag. Pour hot syrup over uncooked cherries and seal. Let stand overnight and in the morning pour off the syrup, re-heat to boiling point and refill jars. Repeat for 3 mornings. These are nice served with sandwiches.

Mrs. C. Parnell Hickey

### SPICED CRABAPPLES

4 quarts brown vinegar 16 cups brown sugar 2 oz. whole cloves

2 oz. mixed pickling spices 90 crabapples

Make syrup of vinegar and sugar and spices tied in a bag, Boil 20 minutes. Then cook slowly 15 crabapples at a time, turning with a spoon. Watch continually, and when a peeling cracks, place that crabapple into a warm jar with a slotted stirring spoon. Keep jars warm until full, then fill up with the hot syrup and seal tight. Save syrup that is left over. Let the crabapples stand overnight, then pour off syrup and bring to a boil (using the spice bag again), and pour over crabapples. Do this for 3 mornings, seal tight and put away. Do not use for a couple of months. This amount will make 6 quarts. I use 2-quart jars, each jar holding 30 average size crabapples. The syrup will keep and can be used a second year. Leave stems on crabapples. Very nice served as garnish for cold roast pork.

Mrs. C. Parnell Hickey

### BEET RELISH

1 quart chopped cabbage 1 quart chopped beets

2 cups sugar 1 tablespoon salt

1 teaspoon black pepper

1 green pepper (chopped)

1 onion (chopped) 1 tablespoon celery seed 1 tablespoon raw mustard

1 cup grated horseradish

Cover with vinegar but do not cook.

Mrs. W. Snoxall

# SWEETS

"Sweets to the sweet."

2 cups sugar 1 cup water

2 teaspoons strong vinegar

1 teaspoon butter

Method: Mix well before cooking. Let boil until it forms a hard crackling ball in cold water. Pour on a buttered tin, taking care not to scrape the pan. Let cool until it can be handled. Flavor with any extract and pull until hard and white. Stretch into a long string, spread on the bread board in powdered sugar, and cut in small pieces with the scissors.

Mrs. R. H. Beavers.

### PEANUT TAFFY

2 cups brown sugar

1 tablespoon vinegar

Peanuts 1 cup water

Boil sugar and water, add vinegar. Pour immediately over halved and skinned roasted peanuts. Put on buttered tins.

Mrs. A. J. Shulman

### PEANUT CHOCOLATE CANDY

. 2 cups roasted peanuts . 2 cups granulated sugar

¼ cup water 2 tablespoons grated chocolate

Boil the sugar, water and chocolate until it threads; add the vanilla and nuts. Stir well and pour into buttered plates.

Mrs. A. J. Shulman

### SEA FOAM FUDGE

3 cups sugar ½ cup corn syrup ¼ cup boiling water Whites of 2 eggs ½ cup chopped nuts 1 teaspoon vanilla

Boil sugar, syrup and water until it forms a hard ball in cold water. Beat egg whites until stiff. Pour the cooked mixture gradually over the beaten egg whites, beating the mixture constantly. When the mixture is thick and creamy, add the vanilla and nuts. Pour into buttered pan.

Mrs. A. J. Shulman

### SEA FOAM CANDY

Three cups fine white sugar, 1 cup "Lily White" corn syrup, ½ cup water. Boil without stirring until it hairs good. Turn over beaten whites of 2 eggs and beat until it drops from spoon (about ½ hour). Stir in 1 cup broken blanched almonds and drop by small spoonfuls on greased tin or pour into greased tin and cut in squares.

Mrs. A. J. Voss

### PECAN SURPRISE

Make a filling of 2 cups of granulated sugar and ¼ cup of water. Flavor with a drop of rose flavoring. Boil until it will form a ball in water, then remove from the fire and beat until creamy. When it can be handled, turn it on a greased baking board and knead like bread. Then take maraschino cherries and shape a tiny ball of the filling around each. Press four pecan nut meats about each ball until the filling is completely hidden.

Mrs. A. J. Shulman

### **NOUGAT BARS**

Grease a clean, bright, tin pan lightly with olive oil; cover the bottom with a mixture of almonds, English walnuts, pecans, hazel nuts and Brazil nuts. Melt 1 lb. of sugar by stirring it in an iron saucepan over the fire; when liquid is straw-colored pour it over the nuts in the pan. When cool mark it into bars.

Mrs. A. J. Shulman

### MAPLE SUGAR CARAMELS

Break into small pieces 1 lb. of maple sugar and mix with 1 pint of cream. Put into a kettle and cook until it sugars around the edge of the kettle, and hardens on ice. Stir constantly and add prepared nuts. Pour into flat tins and cut into squares.

Mrs. A. J. Shulman

### (DEM.) MARSHMALLOW CANDY

One envelope Knox gelatine dissolved in 10 tablespoons cold water for 5 minutes, 2 cups granulated sugar, 10 tablespoons boiling water; let come to boil and add to dissolved gelatine. Pinch salt, teaspoon vanilla. When cool beat mixture until stiff, pour into pan that has been dusted with pulverized sugar. When firm turn on oiled paper, cut in squares and roll in icing sugar, chopped nuts or cocoanut.

Mrs. T. H. Harmon

Whilled almonds. 2 cups sugar 2 " almorede 1 sup water 1 tex . It Joskin frying pan; sterring till sugary, then tell dequed again. tusk water steer, show will and turn quickly on a buttered pelate deparating home - carefully

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CALGARY - ALBERTA

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### CARAMEL CANDY

2 cups heavy sour cream

½ teaspoon soda

2 cups white sugar

1/4 cup strong vinegar

2 cups brown sugar

Boil without stirring until it forms a ball when dropped in cold water. Remove from fire, and when perfectly cold beat until it forms a cream, then shape into molds or pour into buttered tins and cut in squares. Nuts may be added just before it is poured into pans if desired.

### FONDANT AND CHOCOLATE CREAMS

Two cups sugar, 1 cup water, 1-6 teaspoon cream of tartar. Boil until it forms a soft ball in water. Set aside to cool, not stirring until almost cold. Beat with a wooden paddle and flavor. When it becomes all white, put on a bread board and sprinkle with powdered sugar. Knead until soft and creamy. Roll into small balls and let harden. Heat 2 squares of unsweetened chocolate and 2 squares of sweet chocolate and 1 teaspoon parowax over water until it is smooth. Then dip the fondant balls into this quickly and spread on oiled paper to cool.

Mrs. R. H. Beavers

### **FUDGE**

1 eup brown sugar 1 cup white sugar

½ cup milk 1/4 cup butter

4 heaping teaspoons of good cocoa ½ cup corn syrup Boil sugar and syrup, butter and milk 2½ minutes; add cocoa and boil 10 minutes; then add flavoring, nuts, etc. Beat well. This recipe will not sugar; requires a lot of beating.

Mrs. A. M. Snoxall

### MAPLE FUDGE

One pint maple syrup, 1/2 pint cream, boil until it hairs. Beat rapidly until it begins to sugar, then pour into pan to cool. When partially cool, mark into squares.

Miss I. N. Campbell

### TURKISH DELIGHT

One box gelatine dissolved in 1/2 cup cold water, juice and grated rind of 1 lemon and 1 orange, 2 cups sugar dissolved in 1 cup water. Stir sugar and water over fire until bubbles appear, add gelatine and boil 10 minutes; pour into buttered pan 1 inch deep. When cold cut in squares and roll in powdered sugar. To make pink Turkish Delight, use 1 cup raspberry juice instead of the lemon and orange.

Mrs. C. E. Fox

### POTATO CANDY

Bake 1 large potato, take from skin and mash up fine; add powdered sugar until a fondant forms of a desired thickness. Flavor and color and form into desired shapes with nuts and fruits.

Mrs. A. J. Shulman

# Arcade Beauty Parlors

Shingling, Marcelling, Massage, Manicure, Henna Pack

Bleaching and Dyeing

: Madame Lothian, Monsieur Lavaud

#### VELVET FUDGE

2 cups sugar, & tablespoons of cocoa, and I cup of milk, 3 tablespoons of butter, without stirring, until mixture is a firm ball when a little is tried in cold water. Remove n the fire, add I teaspoon of vanilla and set aside until cool. en cool, beat mixture until it begins to keep its shape. Add cup of Diamond Walnut kernels, broken in pieces, then lead or work in the hands until smooth. Mold if desired.

# FOOD for the CONVALESCENT

(Contributed by Anne Gilmore Reed, R.N. (Mrs. E. H. Reed)

### **GRUELS**

### OATMEAL GRUEL I

14 cup rolled oats 14 cups boiling water ¼ teaspoon salt Milk or cream

Add oats mixed with salt to boiling water, let boil 2 minutes, then cook over hot water 1 hour. Strain, bring to boiling point and add milk or cream to meet the needs of the case.

### OATMEAL GRUEL II

1½ cups cold water
½ cup coarse oatmeal

½ teaspoon salt Milk or cream

Pound oatmeal in a mortar, or roll until mealy. Put in tumbler, add one-third of water, while stirring constantly; let settle, and pour off mealy water. Repeat twice, using remaining water. Boil mealy water 30 minutes, then add salt, milk, or cream. This gives a starchy gruel, delicate in flavor, but not as nutritious as Oatmeal Gruel I.

### BEEF EXTRACT I

1/2 lb. beefsteak from round, cut 1 inch thick

Salt

Remove fat and wipe steak with cloth rung out of cold water. Place on heated wire broiler and broil 4 minutes, turning every 10 seconds for the first minute (to prevent escape of juices), then occasionally. Remove from broiler to warm plate and cut in pieces of correct size to fit meat press or lemon squeezer. Make several gashes in pieces on both sides, put in press or lemon squeezer and express juice. Turn juice into cup, set into hot water. Season with salt and serve at once. Care must be taken that cup does not become sufficiently hot to coagulate albuminous juices.

### BEEF EXTRACT II

Remove fat, wipe, and cut ½ pound round steak in small pieces. Put in sterile canning jar, cover and place jar on a trivet in a kettle of cold water. If a trivet is not at hand, improvise one by using nails, pebbles, or the cover of a small lard pail through which several holes have been made. Heat water gradually, and keep at a temperature of 130° F. for 2 hours. Turn meat from jar and press to express juice. Season with salt an reheat same as beef extract I.

### **BREAD**

### **INVALID MUFFINS**

1 cup bread flour 1 teaspoon baking powder ½ teaspoon salt ½ cup milk
Whites of 2 eggs

2 tablespoons melted butter

Mix and sift dry ingredients, add milk gradually, eggs well beaten, and melted butter. Bake in moderate oven in buttered gem pans. Let stand in oven, after baking, with door ajar, that crust may be dry and crisp. To be eaten hot or cold.

### RUSKS (ZWIEBACK)

½ cup milk 2 yeast cakes ½ teaspoon salt 1/4 cup sugar

1/4 cup melted butter 3 eggs

Flour

Scald milk, and when lukewarm add yeast cakes, and as soon as yeast cakes are dissolved add salt and one cup flour. Cover and let rise until light; then add sugar, butter, eggs unbeaten, and flour enough to handle. Knead, shape, and place close together in two parallel rows 2 inches apart on buttered sheet. Let rise again, and bake in hot oven 25 minutes. When cold, cut diagonally in ½-inch slices, and brown in a slow oven.

To shape rusks make small biscuit and roll on part of cloth where there is no flour, using one hand until four and one-half inches long, of uniform size, and round at ends.

### SIPPETTS WITH MILK-242 CALORIES

1 slice dry toast ½ tablespoon butter

34 cup scalded milk 1/8 teaspoon salt

Cut toast in small pieces of uniform size, put remaining ingredients in small heated bowl, add toast, and serve at once.

### DIP TOAST-408 CALORIES

2 slices dry toast 34 tablespoon butter 1/4 teaspoon salt

1 1/2 tablespoons flour 1 cup scalded milk 2 tablespoons cold milk

Add cold milk gradually to flour to make a smooth paste. Turn into scalded milk, stirring constantly at first until mixture thickens. Cook over hot water twenty minutes. Add salt, and butter in small pieces. Dip slices of toast separately in sauce. When soft remove to serving dish and pour over remaining sauce.

### CREAM TOAST-476 CALORIES

2 slices dry toast 1 tablespoon flour 2 tablespoons cold milk

1/4 teaspoon salt

34 cup scalded thin cream

Follow recipe for making Dip Toast.

### BREAKFAST CEREALS

### ROLLED OATS MUSH-256 CALORIES

1-3 cup rolled oats % cup boiling water

1/4 teaspoon salt

Add oats mixed with salt to boiling water gradually, while stirring constantly. Boil 2 minutes. Then steam in double boiler 1 hour. Serve with one tablespoon sugar and one-fourth cup thin cream.

### WHEATLET MUSH WITH FRUIT

3 2-3 tablespoons Wheatlet 1-3 cup dates, stoned and cut in

quarters.

1/4 teaspoon salt % cup boiling water

Follow directions for cooking Rolled Oats Mush. Add dates, cook 2 minutes, and serve with cream.

### WHEAT MUSH WITH EGG

To Wheatena or Wheatlet Mush add, just before serving, white one egg beaten stiff. Serve with sugar and cream and fruit when desired.

### OAT JELLY-116 CALORIES

1-3 cup rolled oats

1 1/2 cups boiling water

1/4 teaspoon salt

Add oats mixed with salt to boiling water gradually. Boil 2 minutes, then steam in double boiler 45 minutes to 1 hour. Force through a fine strainer, mould, chill, and serve with sugar and cream.

# SOUPS AND BROTHS

### CREAM OF PEA SOUP

1-3 cup canned peas ¼ cup cold water ¼ teaspoon sugar 2-3 cup scalded milk

¼ tablespoon butter 34 tablespoon flour 1/8 teaspoon salt Few grains pepper

Drain peas from their liquor, rinse thoroughly, add sugar and cold water, and simmer 10 minutes. Rub through a sieve, and thicken with butter and flour cooked together; add milk and seasonings. Strain into a hot cup and serve with Croutons.

### CREAM OF CORN SOUP

1-3 cup canned corn 1-3 cup boiling water 2-3 cup milk 14 slice onion

½ tablespoon butter 34 tablespoons flour 1/4 teaspoon salt Few grains pepper

Chop corn, add water, and simmer 10 minutes; rub through a sieve. Scald milk with onion, remove onion, and thicken milk with butter and flour cooked together. Add seasonings and strain.

### TOMATO SOUP-100 CALORIES

2-3-cup tomatoes (canned or fresh) 1-3 cup water 3 peppercorns

1 clove

¼ teaspoon sugar ¼ teaspoon salt Few grains soda ½ tablespoon butter ¾ tablespoon flour

Mix first six ingredients and cook 10 minutes. Rub through sieve, add salt and soda and thicken with butter and flour cooked together, strain.

#### OYSTER SOUP

½ cup oysters ½ cup milk Small stalk of celery Bit of parsley Bit of bay leaf

1-6 slice onion 34 tablespoon flour ¼ teaspoon salt Few grains pepper

Finely chop oysters, put in saucepan, and heat slowly to boiling point. Strain through double thickness cheesecloth, reserve liquor, and thicken with butter and flour cooked together. Scald milk with celery, parsley, bay leaf and onion, then strain. Add to first mixture, season and strain. Serve with croutons.

#### CHICKEN PUREE

1-3 cup chopped cooked fowl 1 cup scalded milk

2 tablespoons butter Salt

Force meat through a puree strainer, then pound in a mortar. Add butter, and gradually, scalded milk. Season to taste with salt.

### SOUP ACCOMPANIMENTS

### CRISP CRACKERS

Split common crackers and spread with butter, using one-fourth teaspoon butter to each one-half cracker. Place in pan and bake in a moderate oven until delicately browned.

### **CROUTONS**

Cut one slice bread one-third inch thick, remove crusts, butter sparingly, cut in strips one-third inch wide, and strips in cubes. Put in pan and bake in a moderate oven until delicately browned. To be served with Cream Soups.

### IMPERIAL STICKS

Cut stale bread in one-third inch slices, remove crusts, but er sparingly, and cut in one-third inch strips. Place in pan and bake in a moderate oven until delicately browned.

Cut stale bread in slices, shape with circular cutters, making rings. Spread rings sparing with butter and brown in oven. Slip three Imperial Sticks through each ring.

### FISH

Clean a small piece of halibut by wiping with a cheesecloth wrung out of cold water. Put in strainer, and place over a kettle of boiling water, cover closely, and keep water at boiling point until fish is done. The fish is cooked when flesh leaves the bone. Remove to hot serving dish, take off outside skin and pour around the following:

### Drawn Butter Sauce

Melt three-fourths tablespoon butter, add three-fourth tablespoon flour, and when well mixed pour on gradually, while stirring constantly, one-half cup boiling water. Season with salt, then add three-fourths tablespoon butter in small pieces, and one-half "hard boiled" egg cut in thin slices.

### BAKED FILLETS OF HALIBUT

Remove skin and bones from one-half slice of halibut, leaving two fillets. Fasten in shape with small wooden skewers, sprinkle with salt, brush over with lemon juice, cover, and let stand 20 minutes. Put in pan brush over with melted butter, cover with buttered paper, and bake 12 minutes in hot oven. Remove to hot serving dish, garnish with yolk of "hard boiled" egg, forced through a strainer, and white of egg cut in rings, strips, or fancy shapes. Serve with egg sauce, to which is added a few drops of lemon juice.

### FISH SOUFFLE

Force cooked fish through a puree strainer; there should be one-fourth cup. Cook one-fourth cup stale breadcrumbs with one-third cup milk for five minutes. Add fish, one-half tablespoon butter, and salt and paprika. Beat white of one small egg until stiff, add to mixture. and turn into two buttered individual moulds. Cook same as Halibut Timbale. Serve with White Sauce.

### RAW OYSTERS WITH SHERRY

Put six raw oysters in glass, sprinkle with salt, and pour over one tablespoon sherry. An unsweetened wafer cracker should accompany this dish.

### CREAMED CODFISH

44 cup salt codfish
42 tablespoon butter
43 cup scalded milk
44 Yolk 1 egg

½ tablespoon flour

Pick fish in pieces, cover with lukewarm water, and let stand until fish is soft. Drain from water and add to sauce made of butter, flour and milk. Care must be taken that egg does not become overcooked. Should this happen, sauce will have a curdled appearance. Pour over a slice of toast, or serve with baked potato.

### **FANCY ROAST**

½ cup oysters3 slices toast½ tablespoon butterFew grains saltFew grains pepper

Wash and pick over oysters. Drain, put in small omelet pan and cook over hot fire until oysters are plump and edges begin to curl, shaking pan occasionally, or stirring oysters with a silver fork. Add butter, salt and pepper, reheat, and pour over one slice toast. Arrange toast points to meet over centre of oysters. Garnish with parsley.

### How To Wash Oysters

Put oysters in strainer, place strainer over bowl and pour over cold water, allowing one-half tablespoon to each half cup of oysters. Carefully pick over oysters, taking each one separately in the fingers, and remove any particle of shell which adheres to tough muscle.

### **BROILED OYSTERS**

4 large selected oysters
4 cup cracker crumbs
1½ tablespoons melted butter

Wash and pick over oysters, then drain and dry between towels. Put cup containing butter in saucepan of hot water. Take up each oyster separately by means of tough muscle, using a silver fork, dip in melted butter, then in seasoned cracker crumbs. Place on a buttered fine wire broiler and broil over a clear fire, turning often until slightly browned and the juices begin to flow. Arrange on serving dish and garnish with parsley and a piece of lemon.

## **MEATS**

### **BROILED BEEFSTEAK**

Wipe a small piece steak cut one inch thick. Heat a wire broiler, put in steak, and place over a clear fire, turning every 10 seconds for the first minute, in order that surface may be well smeared, thus preventing escape of juices. After the first minute turn occasionally until well cooked on both sides. Cook five minutes if liked rare. Remove to hot serving dish, spread with soft butter, and sprinkle with sult. The most tender steaks are tenderloin, rump, and sirloin. A tenderloin lacks juice and flavor, and for this reason it is often served with beef extract I poured over it. A thick slice of sirloin steak with tenderloin attached is known in our markets as a Porterhouse steak. A round steak is composed of solid lean meat, rich in juices, and if of right age and taken from second or third cut from top of round, is comparatively tender, and cheaper than either rump or sirloin.

### BEEF BALLS

Wipe a small piece steak cut from top of round, and cut in one-fourth inch strips. Lay strips on board and scrape separately, using a silver spoon, with grain of meat, first on one side and then on another, to remove soft part of meat, leaving the connective tissue. Form into small balls, handling as lightly as possible. Heat a steel omelet pan, sprinkle with salt, shake constantly while adding balls, and continue shaking until the surface of balls is smeared. Arrange on buttered toast and garnish with parsley.

**BROILED SWEETBREAD** 

Put sweetbread in bowl, cover with cold water, and let stand 1 hour; drain, remove fat, pipes, and membrane. Cook in boiling salted acidulated water for twenty minutes, allowing one-half tablespoon each of salt and vinegar to a pair of sweetbreads, then drain again and plunge into cold water.

Sweetbreads cooked in this way are called parboiled sweetbreads. This is the first step taken, no matter in what way sweetbreads are to be pre-

pared

Remove sweetbreads from cold water, dry on a towel, split one-half sweetbread lengthwise, sprinkle with salt and pepper, place on a greased fine wire broiler, and broil over a clear fire. As soon as sweetbread is heated, sprinkle sparingly with melted butter, first on one side, and then on the other. For serving, spread with soft butter, sprinkle with salt, and garnish with parsley.

CREAMED SWEETBREAD

Parboil sweetbread and cut in one-half inch cubes. To one-third cup cubes add one-fourth cup White Sauce, made as follows:

### White Sauce

Melt one-half tablespoon butter, add three-fourths tablespoon flour, and pour on gradually, while stirring constantly, one-fourth cup milk. Season with salt and few grains pepper. Serve in Croustades of Bread.

JELLIED SWEETBREAD

Parboil one-half sweetbread and cut in small dice. Have at hand one-third cup consomme that will jell when cold. Cover bottom of an individual mould with consomme, set mould in pan of ice water, and when consomne is firm, decorate with cold cooked potato, carrot and truffle cut in fancy shapes. Cover with consomme, and when firm put in layer of sweetbread and enough consomme to hold cubes together. Decorate sides of mould with cooked vegetables and add more sweetbread and consomme. Chill, remove from mould, and place on lettuce leaf.

Chicken stock may be used in place of consomme by adding gelatin

to stiffen.

**BROILED HAM** 

Remove outside layer of fat from small piece of ham, cut one-third inch thick, and soak one-half hour in lukewarm water; drain, wipe, and broil three minutes.

### BACON AND CURLED BACON

Cut bacon in as thin slices as possible and remove rind. Put slices closely together in a fine wire broiler, place broiler over dripping pan, and bake in a hot oven until bacon is crisp and brown, turning once. Drain on brown paper.

Cut bacon is as thin slices as possible and remove rind. Put slices on board, pass a broad-bladed knife over each slice two or three times, using some pressure, thus making slices still thinner. Put in hot omelet pan one slice at a time, when slices will curl. Cook until brown, then drain.

### BROILED CHICKEN

Order chicken split for broiling. Singe, wipe, sprinkle with salt, and place on a well-greased broiler. Broil 20 minutes over a clear fire, watching carefully and turning broiler so that all parts may be browned equally. The flesh side needs the longer exposure to the fire. The skin side cooks quickly and then is liable to burn. Remove to hot platter, spread with soft butter, and sprinkle with salt.

So much time and attention is required for broiling a chicken that the work is often simplified by placing chicken in dripping-pan, skin side down, sprinkling with salt, dotting over with butter, and cooking for 15 minutes in a hot oven, then removing to broiler to finish the cooking.

### CREAMED CHICKEN

Cut cold broiled fowl in one-third inch cubes; there should be one

third cup. Add to White Sauce made as follows:

Melt one-half tablespoon butter, add three-fourths tablespoon flour, and pour on gradually, while stirring constantly, one-fourth cup milk. Season with salt, pepper, and celery salt.

### CHICKEN TAMALE

Remove piece of breast meat from an uncooked chicken, chop finely, then force through a fine strainer, using a wooden potato masher; there should be two tablespoons. Pound in mortar, add gradually one-half egg white, and work until smooth. Then add gradually one-fourth cup heavy cream. Season with salt and pepper. Turn into a slightly buttered individual tin mould, set mould in pan of hot water, cover with buttered paper, and bake in a moderate oven 12 minutes, or until firm. Remove from mould and pour around White Sauce.

#### CHICKEN SOUFFLE

Melt one teaspoon butter, add one teaspoon flour, and pour on, gradually, while stirring constantly, one-fourth cup milk; then add one tablespoon soft breadcrumbs and one-eighth teaspoon salt and cock one minute. Remove from fire and add one-fourth cup cold cooked chicken finely chopped, and cut and fold in one egg white beaten until stiff. Turn into slightly buttered tin mould, set in pan of hot water, cover with buttered paper, and bake in a moderate oven until firm, Remove from mould and pour around White Sauce.

### **SAUCES**

### DRAWN BUTTER SAUCE

Melt three-fourths tablespoon butter, add three-fourths tablespoon flour, and when well mixed pour on gradually, while stirring constantly, one-half cup boiling water. Season with salt, then add three-fourths tablespoon butter, in small pieces, and one-half "hard boiled" egg cut in thin slices.

### TOMATO SAUCE

1/2 tablespcon butter Few grains salt 34 tablespoon flour Few grains pepper 1-3 cup stewed and strained tomatoes

Brown butter, add flour and stir until slightly browned; then pour on gradually, while stirring constantly, tomato. Season with salt and pepper. A few drops onion juice is an improvement to this sauce.

### MAITRE J'HOTEL BUTTER

Cream one tablespoon butter, add gradually one-third teaspoon lemon juice, one-eighth teaspoon salt, a few grains peoper, and one-half teaspoon finely chopped parsley.

### **VEGETABLES**

Vegetables throw a large amount of mechanical work on the stomach. As the gastric ferments play no part in the digestion of starchy foods, and as the food must be reduced to such a consistency as to be able to be forced on into the small intestine, it would seem desirable to restrict this class of foods for those with enfeebled digestion.

### **BOILED ASPARAGUS**

Cut off lower parts of nine stalks asparagus at the point at which they will snap. Wash, remove scales, and tie together. Cook in boiling water until soft—time required being from 20 to 35 minutes. Tips should be kept out of water for the first 10 minutes of cooking Drain, place in hot serving dish, spread with one-half tablespoon butter, and sprinkle with salt.

### ASPARAGUS WITH MILK TOAST

Serve boiled asparagus on milk toast, pouring two tablespoons sauce over asparagus.

### CREAMED CAULIFLOWER

Remove leaves, cut off stalk, and soak a small cauliflower 30 minutes, head down, in cold water to cover. Cook, head up, twenty minutes, or until soft, in boiling salted water. Drain, separate flowerets, and to two-thirds cup add white sauce.

### CURLED CELERY

Cut thick stalk celery in two-inch pieces. With a sharp knife, beginning at but of stalks, make five cuts parallel to each other extending one-third the length of pieces. Make six cuts at right angles to cuts already made. Put pieces in ice water and let stand for several hours, when celery will curl and be found crisp.

### CREAMED PEAS

Rinse thoroughly, one-third cup canned peas, cover with boiling water and boil one minute, again drain. Add to peas one-half tablespoon butter and cook four minutes. Dredge with one teaspoon flour mixed with one-eighth teaspoon sugar. Add one tablespoon cream, and salt and pepper to taste.

Serve creamed peas in Croustads of Bread.

# POTATOES BAKED POTATOES

Select smooth, medium-sized potatoes. Wash, using a vegetable brush, and place on a tin plate. Bake in hot oven forty minutes, or until soft. Remove from oven, press between fingers, and rupture skin. Take from skin and serve at once with butter and salt, or cream and salt. If allowed to stand they become soggy, as the starch absorbs moisture.

### FLEISHMAN'S YEAST will make you fit and Keep you fit

### POTATOES IN SHELL

Bake two potatoes. Cut a small piece from top of each, and scoop out inside. Mash, add one-half tablespoon butter, salt, pepper, and one tablespoon hot milk; then add white one-half egg beaten stiff. Refill shells and bake five minutes in a very hot oven.

### **DUCHESS POTATO**

Prepare mashed potatoes. Add yolk one egg, and force through a pastry bag and tube. Serve as a garnish to Broiled Fish.

### POTATOES AU GRATIN

Prepare cream potatoes, put in buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown. Allow one tablespoon melted butter to one-fourth cup cracker crumbs and stir with fork until well mixed.

### PUDDINGS AND PUDDING SAUCES

### BAKED CREAM OF RICE

1 2-3 tablespoons rice 1 34 tablespoons sugar Few grains salt

Grated rind 1/4 lemon 14 cups milk

Wash rice, add remaining ingredients, turn into a small buttered lish and bake in slow oven  $1\frac{1}{2}$  hours. After cooking for fifteen minutes stir to prevent rice from settling.

### CORN STARCH PUDDING

2-3 cup scalded milk Few grains salt 1 1/2 tablespoons corn starch ½ tablespoon sugar

1/8 teaspoon salt 2 tablespoons cold milk 1 egg

1/4 teaspoon vanilla

Mix corn starch, sugar, salt, dilute with cold milk and add gradually to scalded milk, stirring constantly until mixture thickens. Cover, and let cook in double boiler 8 minutes; then add egg slightly beaten, cook 1 minute, and serve hot with sugar and cream, and mould and chill.

### TAPIOCA CUSTARD PUDDING

2-3 cup scalded milk 1 tablespoon pearl tapioca ½ egg slightly beaten

11/2 tablespoons sugar Few grains salt ½ teaspoon butter

Soak tapioca 1 hour in cold water to cover; drain, add to milk and cook in boiler 30 minutes. Add to remaining ingredients, pour into small buttered baking dish and bake about 20 minutes in a slow oven.

# 

# USE PRODUCERS & CONSUMERS PASTEURIZED MILK AND CREAM. Phone L1644

# ORANGE PUFFS

11/2 tablespoons butter

1 egg yolk 2 tablespoons milk

½ cup flour

34 teaspoon baking powder

Few grains salt

Cream butter, add sugar gradually, egg, milk and flour mixed, sifted with baking powder and salt; beat vigorously and turn into buttered tins and bake in moderate oven. Serve with creamy wine, or brandy sauce.

### FRUIT SAUCE

3 tablespoons syrup drained \( \frac{1}{4} \) teaspoon arrowroot from canned fruit or expressed 1 teaspoon cold water from fresh fruit

Heat syrup to boiling point, add arrowroot dilluted with cold water, and let boil 2 minutes.

### TAPIOCA CREAM II

34 tablespoon Minute Tapioca

2-3 cup scalded milk 2 tablespoons sugar

Few grains salt

1 egg

1/4 teaspoon (scant) vanilla

Add tapioca to milk, and cook in a double boiler until tapioca is transparent. Then add one-half to the sugar, and as soon as dissolved pour hot mixture slowly onto the remaining sugar mixed with salt, and egg yolk slightly beaten. Return to boiler and cook until mixture thickens. then add white of egg beaten stiff. Chill and flavor.

### HAMBURG CREAM

Yolk 1 egg; white 1 egg 1 tablespoon sugar

1½ tablespoons lemon juice Few grains salt

Beat yolk of egg slightly, add sugar, lemon juice, and salt, then cook over hot water until mixture thickens slightly; then add white of egg beaten until stiff. Turn into a glass and cool. Serve with Lady's Fingers.

### CHARLOTTE RUSSE-205 CALORIES

1/4 cup heavy cream 1-3 teaspoon granulated gelatin 4 teaspoon vanilla 4 tablespoon boiling water 2 Lady's Fingers

14 tablespoons powdered sugar

Few grains salt

Add sugar to cream and beat until stiff, care being taken that cream does not separate. Dissolve gelatin in boiling water, strain through cheesecloth and add gradually to first mixture; then add salt and vanilla and stir until well mixed. Line mould with Lady Finger, turn in mixture, chill, and remove from mould for serving.

### STRAWBERRY CHARLOTTE

Cut selected sweet strawberries in halves lengthwise. Line small mould with berries, turn in Charlotte Russe mixture, chill, and remove from mould for serving.

### MARSHMALLOW PUDDING

2-3 teaspoon granulated gelatin 1-3 cup boling water

¼ cup sugar

White of 1 egg 1/4 teaspoon vanilla Few grains salt

Dissolve gelatin in boiling water. Put sugar in bowl, add white of egg, and pour over strained gelatine; then add salt and vanilla. Beat mixture 15 minutes. Chill and cut in pieces the size and shape of marshmallows. Serve with sugar and cream.

### MACEDOINE PUDDING

Make fruit or wine jelly mixture. Place small mould in pan of ice water and pour in mixture 1-3 of an inch deep; when firm, decorate with a slice of banana from which radiate strips of fig placed seed side dow Cover fruit with jelly mixture by teaspoons. When firm add more frui and mixture. Chill, remove from mould and surround with thin slices of banana.

### BAKED CARAMEL CUSTARD

1 egg 2 tablespoons sugar Few grains salt

2-3 cup scalded milk 1-3 teaspoon vanilla

Put sugar in smooth saucepan, and stir constantly over a hot fire until melted and of the color and consistency of maple syrup. Pour on hot milk, and as soon as sugar is dissolved add gradually to egg slightly beaten; then add salt and vanilla. Bake same as plain custard.

Serve with Cramel Sauce.

#### Caramel Sauce

Melt three tablespoons sugar, and as soon as well browned, add three tablespoons water. Cook five minutes, then cool slightly,

### BAKED CUSTARD-273 CALORIES

1 egg

2-3 cup scalded milk

2 tablespoons sugar
Few grains nutmeg, or
Few grains salt
Beat egg slightly, add sugar and salt. Pour on gradually hot milk,
strain into small buttered moulds, sprinkle with nutmeg or cinnamon, set
in pan of hot water and bake in a slow oven until firm. Remove from moulds for serving.

# **IELLIES**

### TAPIOCA JELLY

2 tablespoons pearl tapioca ½ cup cold water 1-3 cup boiling water

1 tablespoon sugar 1½ tablespoons lemon juice Few grains salt

Soak tapioca in cold water for several hours, or overnight; add to boiling water, and cook in double boiler for two hours; add lemon juice and sugar. Chill before serving.

### **\*\*\*\*** USE PRODUCERS PRIDE CREAMERY BUTTER ---NONE BETTER. Phone L1644

<del>\*\*</del>\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

RICE JELLY

1/4 tablespoon rice ½ cup cold water 1-3 cup milk

1/2 egg white Few grains salt

Soak rice in cold water 2 hours; drain from water and add to milk. Cook in double boiler one and one-half hours. Strain twice through a fine strainer. Add salt, reheat and add white of egg beaten stiff. Mould and chill. An inch piece of stick cinnamon may be cooked with rice to give variety. Serve cold with fruit sauce or cream.

LEMON JELLY I-90 CALORIES

1/2 teaspoon granulated gelatin 1 tablespoon cold water

2 tablespoons lemon juice 11/2 tablespoons sugar

3 tablespoons boiling water

Soak gelatin in cold water, add boiling water, and as soon as gelatin is dissolved add sugar and lemon juice. Strain through cheesecloth, mould and chill.

LEMON JELLY II

Make same as Lemon Jelly I. As soon as mixture begins to thicken, beat with a small egg beater until white and frothy, then mould and chill.

WINE JELLY I-105 CALORIES

 teaspoon granulated gelatin
 tablespoon orange juice
 tablespoon lemon juice 1/2 tablespoon cold water

1 tablespoon sugar

1 tablespoon boiling water

3 tablespoons wine

Follow recipe for making Lemon Jelly. Mould and chill. PORT JELLY I

34 teaspoon granulated gelatin 1/2 tablespoon cold water 1 clove

1-3 cup port wine 1 teaspoon lemon juice ½ tablespoon sugar

1 inch piece stick cinnamon

Soak gelatin in cold water. Cook clove, cinnamon and port wine 10 minutes in top of double boiler, add gelatin, and as soon as gelatin is dissolved, add lemon juice and sugar. Strain through double cheesecloth, mould and chill.

PORT JELLY II.

1/4 teaspoon granulated gelatin 1/2 tablespoon cold water

1½ teaspoons breakfast cocoa

Few grains salt 1-3 cup port wine. 1 clove

1 inch piece stick cinnamon Make same as Port Jelly I; add liquid slowly, as soon as scalded, to cocoa mixed with salt. Cook 10 minutes, then strain, mould and chill.

BEEF JELLY

1/2 lb. beef (lower part of round) 1 1/2 tablespoons boiling water
1/4 teaspoon granulated gelatin 1/2 teaspoon salt

1/2 teaspoon granulated gelatin Few grains pepper 1 teaspoon cold water

Broil beef and express juice as for Beef Extract. Soak gelatin in cold water and dissolve in boiling water; add to beef juice, with salt and pepper. Strain through double thickness cheesecloth, mould, chill and serve the day on which it is prepared. A few grains celery salt may be added to give variety.

VEAL JELLY

11/2 lbs, of veal, cut from loin Sprig of parsley

Salt 2 cups cold water

6 peppercorns Make same as Chicken Jelly, reducing liquid to one and one-third cups.

### FROZEN DESSERTS

### FROZEN CHOCOLATE WITH WHIPPED CREAM

1/2 cup milk

2½ tablespoons boiling water

1-3 square Baker's chocolate

Few grains salt

134 tablespoons sugar

Scald milk, and add one tablespoon sugar. Melt chocolate, add remaining sugar, salt and, gradually, boiling water. Let boil one minute, add gradually scalded milk, cool, freeze, and serve in frappe glass with whipped cream.

CUP ST. JACQUES

Fill champagne glass one-half full of lemon, orange or strawberry ice. Make depression in centre and pour in three-fourths teaspoons Maraschino cordial. Fill glass, slightly rounding with ice, and garnish with banana cut in one-fourth inch slices and slices cut in quarters, candied cherries cut in halves, and Malaga grapes from which skin and seeds have been removed. If strawberry ice is used, garnish with banana, and strawberry cut in halves.

ICE CREAM IN A BOX

Trim four lady fingers on ends and one edge, so that when put together they will make a square. Put on serving plate and tie in place with narrow ribbon. Insert in box thus made a slice from a brick of ice cream. Garnish with flowers and serve. If apple blossoms are employed, use pink ribbon; if buttercups, yellow ribbon; if violets, lavender ribbon. Pieces of ice cream may be bought for 10 cents at many restaurants and caterers, of correct size for the Lady Finger Box.

### FROZEN EGG CUSTARD

Beat yolk of one egg until thick, add, gradually, two tablespoons sugar, few grains salt, one and one-half tablespoons brandy and one-half cup rich milk. Beat white of one egg until stiff, add to first mixture, then freeze. Serve in egg shell placed in lemon cup.

#### RASPBERRY ICE

3 tablespoons sugar

1-3 cup water

1 cup raspberries 1 teaspoon lemon juice

Sprinkle raspberries with sugar, cover, and let stand I hour; then mash and squeeze through cheesecloth to express as much juice as possible. Add lemon juice and freeze. Raspberry ice made in this way is of a much brighter color than when the fruit juice is added to a syrup.

### GRAPE SHERBET

1-3 cup water

1 tablespoon orange juice 1 teaspoon lemon juice

2 tablespoons sugar 14 cup unfermented grape juice

Mix ingredients in order given, strain, freeze, and serve in frappe glass.

### MILK SHERBET

½ cup milk 2 tablespoons lemon juice 1 tablespoon sugar

Add lemon juice to sugar and pour on, gradually, milk; then freeze. One-half milk and one-half cream may be used in place of all milk

### VANILLA ICE CREAM

½ cup thin cream, or 14 cup heavy cream, and 1 tablespoon sugar ½ teaspoon vanilla Few grains salt

1/4 cup milk

Mix ingredients and freeze.

### PISTACHIO ICE CREAM

Color Vanilla Ice Cream mixture with Burnett's Leaf Green and add one-sixth teaspoon almond extract, then freeze.

# Producers and Consumers Nursery Milk Makes Better Babies. Phone L1644

# CAKES

### ANGEL DROP CAKES

Whites 2 eggs ¼ cup flour (sifted 4 times) 1/4 teaspoon cream of tartar

Few grains salt

4 teaspoon cream of tartar 14 cup fine granulated sugar 1/2 teaspoon vanilla 15 Beat whites of eggs until frothy, add cream of tartar, and beat until stiff; then add sugar, gradually, while beating constantly; add flavoring. Cut and fold in flour mixed with salt. Drop from tip of teaspoon, one inch apart, on an inverted pan covered with unbuttered paper. Sprinkle with sugar, and bake 10 to 12 minutes in a moderate oven.

### LADY FINGERS

Whites 3 eggs Yolks of 2 eggs 1-3 cup flour 1-3 cup powdered sugar 1/4 teaspoon vanilla 1/2 teaspoon salt

Beat whites of eggs until stiff and dry, and add sugar gradually, while beating constantly. Beat yorks of eggs until thick and lemon colored. Combine mixtures, add flavoring, then cut and fold in flour mixed and sifted with sait. Shape, using a pastry bag and tube four and one half inches long and one inch wide, on a tin sheet covered with unbuttered paper. Sprinkle with powdered sugar, and bake 8 to 10 minutes in a moderate oven.

### **MARGUERITES**

¼ cup sugar 1/4 cup English walnut meat (finely 2 tablespoons water cut)

White 1 egg

Boil sugar and water without stirring, until syrup will thread when dropped from tip of spoon; then stir until it begins to grain. Add syrup to white of egg beaten until stiff. Add nut meats and spread on saltines. Bake until delicately browned.

### MERINGUES or KISSES

Whites 2 eggs 1/4 teaspoon vanilla 1/2 cup fine granulated sugar

Beat whites of eggs until stiff, add gradually two-thirds of the sugar while beating constantly, and continue beating until mixture will hold its shape; fold in remaining sugar and add flavoring. Shape with a spoon or pastry bag and tube on wet board covered with buttered paper. Bake thirty minutes in a very slow oven. Remove from paper and put together in pairs; or if intending to fill with ice cream or water ice, remove soft part with spoon and place meringues in oven to dry.

### ALMOND TARTS

¼ cup Jordan almonds, blanched Yolks 2 eggs ½ cup powdered sugar Whites 2 eggs and finely chopped

1-3 cup crackers, rolled and put through a fine sieve 3 tablespoons grated chocolate Few grains salt

1/2 teaspoon baking powder Beat yolks of eggs until thick and lemon colored, and add sugar, gradually; then fold in whites of eggs beaten until stiff and dry. Add remaining ingredients, and bake in buttered tin gem pans. Cool, remove centres, and fill with whipped cream sweetened and flavored. Garnish with whipped cream forced through pastry bag and tube, and angelica.

## FRUITS AND HOW TO SERVE THEM.

### APPLE SNOW

Wipe, pare, core and quarter 1 sour apple. Put in small strainer, place over boiling water, cover, and let steam until apple is soft. Then rub through a sieve. There should be one-fourth cup apple pulp. Beat white of 1 egg until stiff, using a silver fork. Sweeten apple pulp to taste, and add gradually to beaten white of egg, continuing the beating. Pile lightly on glass serving dish, chill, and serve with cream or steamed custard.

### ORANGE MINT CUP

Remove pulp from a sour orange. Sprinkle with ¾ tallespoon powdered sugar, and add ½ tablespoon finely-chopped mint, and 1 teaspoon each lemon juice and sherry. Chill thoroughly. Turn into champagne or frappe glass, and garnish with a sprig of mint.

FRUIT SALAD I.

Arrange alternate layers of orange pulp, canned shredded pineapple, and sliced banana, sprinkling the layers of orange and banana with powdered sugar. Chill before serving.

' FRUIT SALAD II.

Arrange alternate layers of orange pulp, strawberries cut in halves lengthwise, and sliced banana, sprinkling each layer with powdered sugar and a few drops lemon juice. Chill and garnish with whole strawberries and Malaga grapes skinned, seeded and cut in halves lengthwise.

### **BEVERAGES**

### COFFEE EGG-NOG

1 egg 1 teaspoon sugar Few grains salt

2-3 cup filtered coffee.

Beat egg slightly, add sugar, salt and coffee gradually, while stirring constantly; then proceed as in Hot-Water Egg-Nog. The egg may be beaten until light if a frothy mixture is preferred.

### EGG WITH BRANDY, 180 Calories

Yolk 1 egg White 1 egg Few grains salt 1 tablespoon brandy

1 tablespoon sugar

Beat yolk of egg until thick and lemon color. Beat white of egg until stiff, using a fork; add sugar gradually, continuing the beating; then add beaten yolk, salt and brandy. Serve in a small glass and eat with a spoon.

### BREAKFAST COCOA I, 127 Calories

1 teaspoon breakfast cocoa

½ cup sealed milk Few grains salt

11/2 teaspoons sugar

1-3 cup boiling water

Mix cocoa, sugar and salt, and add water, gradually, while stirring constantly. Bring to boiling point and let boil 1 minute. Turn in to scalded milk and beat 1 minute, using a Dover egg beater. This is known as milling, and prevents the forming of scum, which is so unsightly.

### BREAKFAST COCOA II.

1½ teaspoons breakfast cocoa

2-3 cup milk

11/2 teaspoons sugar 2 tablespoons boiling water Few grains salt

Make same as Breakfast Cocoe!

### BREAKFAST COCOA WITH EGG, 220 Calories

Make Breakfast Cocoa II. Break 1 egg and turn into a silver pitcher. Beat until light and frothy, using a wire whisk. Add cocoa gradually, and continue the beating. A silver pitcher is used, because the drink keeps its heat and does not require re-heating after being added to the egg.

# TIME TABLE FOR BLANCHING AND STERILIZING VEGETABLES AND FRUITS IN THE JAR

The time given is in minutes, and is time of actual BOILING.

PRODUCTS  VEGETABLES—	Scald or Blanch			Boiling in Wash Boiler	Steam Pressure 5 to 10 lbs.	Pressure Cooker 10 to 15 lbs.
Asparagus			15	180	60	40
Beans, Wax			10	180	60	40
Beans, Stringless			10	180	60	40
Beans, Lima		to	10	180	60	40
Beets			5	120	60	40
Carrots			5	120	60	40
Cauliflower			3	150	30	20
Corn, Sweet			5	240	90	60
Mushrooms			5	120	50	30
Peas	_	to	10	180	60	40
Peppers	5	to	10	180	0.0	40
Pumpkin			3	120	60	40
Spinach			15	180	60	40
Squash			3	120	60	40
Sweet Potatoes			5	90	60	40
Tomatoes			$1\frac{1}{2}$	35	15	10
Turnip Tops (young, tender)			15	120	60	40
Vegetable Combination	5	to	10	180	60	40
FRUITS—						
Apples			11/2	20	8	6
Apricots	1	to	2	16	10	5
Blackberries				16	10	5
Blueberries				16	10	5
Cherries				16	10	5
Currants				16	10	5
Gooseberries		to	2	16	10	5
Grapes				16	10	5
Huckleberries				16	10	5
Peaches		to	2	16	10	5
Pears			1 ½	20	8	6
Plums				16	10	5
Quinces			1 1/2	20	8	6
Wallices						

### TABLE OF WEIGHTS AND MEASURES

### All measurements are level.

4 teaspoonfuls of liquide	quals	1	tablespoonful
		1/2	gill cup, or
4 tablespoonfuls of liquid	66	1/4	cup, or
		1	wineglassful
1 tablespoonful of liquid	6.6	$\frac{1}{2}$	ounce
1 pint of liquid	44	1	pound
2 gills of liquid	4.4	1	cup or ½ pint
1 kitchen cup	66	$\frac{1}{2}$	pint
1 quart of sifted flour	64	1	pound
4 cups of flour	66	1	qt. or 1 pound
2 tablespoonfuls of flour	6.6	1/2	ounce
3 cups of corn meal	66	1	pound
1½ pints of corn meal	44	1	pound
1 cup of butter	66	1/2	pound
1 pint of butter	66	1	pound
1 tablespoonful of butter "	6.6	$\frac{1}{2}$	ounce
1 solid pint of chopped meat	44	1	pound
10 eggs	66	1	pound
2 cupfuls of granulated sugar	66	1	pound
1 pint of granulated sugar	66	1	pound
1 pint of brown sugar	66	13	ounces
2½ cups of powdered sugar	66	1	pound
3 tablespoonfuls cocoa	66	1	sq. of chocolate

### **EQUIVALENTS**

- 3 teaspoons equal 1 tablespoon
- 2 cups equal 1 pint
- 2 pints equal 1 quart
- 4 quarts equal 1 gallon
- 4 cups entire wheat flour equal 1 lb.
- 4 1-3 cups of coffee equal 1 lb;
- 3 cups (scant) cornmeal equal
- 6 cups rolled oats equal 1 lb.
- 2 cups rice equal 1 lb.
- 3½ cups confectioners' sugar equal 1 lb.

- 2 cups milk equal 1 lb.
- 2 cups butter equal 1 lb.
- 2 cups finely-chopped suet equal 1 lb.
- 3 cups raisins equal 1 lb.
- 2 2-3 cups oatmeal equal 1 lb.
- 1½ cups minute tapioca equal 10 ozs.
- 40 small prunes equal 1 lb.
- 28 large prunes equal 1 lb.
- 75 apricot pieces equal 1 lb.
- 3 large bananas equal 1 lb.

# **MISCELLANEOUS**

### REMOVING STAINS

INK—Soak in sour milk. If a dark stain remains, soak in a weak solution of chloride of lime. Ink stains may also be removed from linen by rubbing damp soap well into the stain, drying thoroughly, and then wash in the ordinary way.

BLOOD—Soak in cold salt water, then in warm water with plenty of soap; afterwards boil.

GRASS-Saturate the spot thoroughly with kerosene; then wash as usual.

IODINE-Wash with alcohol, then rinse in soapy water.

GREASE—Hot water and soap instantly remove these. If fixed by long standing, use ether or naptha.

PITCH WHEEL GREASE OR TAR—Soften the stain with lard, then soak in turpentine. Scrape off carefully with a knife, air the surface dirt and sponge clean with turpentine.

SEWING MACHINE OIL—Rub well with lard, let stand several hours, then wash with cold water and soap. If something that cannot be washed, sponge with "Corbona."

SOOT-Rub with dry cornmeal before washing.

VASELINE—Soak the spot with ether and insert a cup over it to prevent evaporation until the stain is removed. Use ether with great care, away from fire.

CHOCOLATE AND COCOA—Wash with soap in tepid water.

PAINT—If a coarse material, sponge with turpentine; if on fine material sponge with alcohol. Sponge with chloroform if a dark ring is left by turpentine. Be careful of ether, chloroform, turpentine and gasoline near fire. Paint stains may also be removed by rubbing well with a piece of flannel soaked in turpentine mixed with ammonia.

FRUIT—Orange or peach stains can be removed most easily with cold water. Wet the spot in cold water and then rub cream of tartar over it. Put in the sun to dry. To remove raspberry or cherry stains from light linens or silks, pour full strength peroxide on spot to be cleaned, and put in the sun. When dry, stain will have disappeared. Fruit stains may also be removed by pouring boiling water through the stained part until spot disappears.

IRON MOLD—Stretch soiled part over a basin filled with barley water. Rub well with salts of lemon while the steam is rising through the linen.

Coffee—Rub gently with glycerine, rinsing out in moderately warm water and finally placing a clean cloth over the place and pressing with a cool iron until dry.

TEA-Rub powdered borax, then stretch lightly over a basin and pour boiling water through.

MILDEW—A very difficult stain to remove. First, stretch stained part over a firm surface and brush well. Rub in common salt, afterwards sprinkle with powdered chalk and moisten with cold water. Dry clowly in the open air. If not wholly successful the first time, repeat the process.

HOT WATER MARKS—On polished surfaces they should be rubbed with linseed oil. When the white mark has disappeared, wipe dry and polish.

GREASE—When spilled on kitchen floor, cold water should be poured over immediately. It will then harden and can be easily scraped off.

PERSPIRATION—Damp the soiled part with lemon juice. Wash afterwards in the ordinary way.

SCORCH—Hopeless on silk or wool, but on cotton or linen hang in sunlight or wash in warm water and hang in sunlight.



### AN EXCELLENT RUG CLEANER

Boil 5 bars Ivory soap, cut fine; ½ lb. borax, 2 quarts water and ¼ pint ammonion added to 1 quart water. Steep 3 ozs. soap bark ½ hour; mix all together and add enough water to make 6 gallons. It will make a thick soapy jelly. Have the rugs dusted well, then apply the soap jelly with a stiff scrubbing brush, scrubbing a place a yard square, then wiping dry with rags to take up the soap.

Mrs. W. F. McNeill

### WHITE LINIMENT

One pint turpertine, 1 pint best cider vinegar and 1 egg. Put vinegar in bottle first, then the egg, and finish with the turpentine. Shake frequently for a few days. This limitent is excellent for sprains, soreness or rubbing on the lungs—in fact, an all-around good, cheap limitent.

Mrs. P. A. Hunter

### LOTION FOR CHAPPED HANDS OR FACE

Two ounces quince seed, 2 ozs. glycerine, ½ oz. perfume. Steep seeds in boiling water overnight, then strain through cheesecloth and add the glycerine and perfume. You will need about 1 pint boiling water.

Mrs. P. A. Hunter

### GOOD WASHING FLUID

2 ozs. powdered borax

2 ozs. powdered ammonia

2 ozs, salts of tartar.

1 box lye

3 gals soft water.

Add all to the water and stir. One must be careful when adding the lye, add a little at a time. Use 1 cupful of the fluid to one boiler of clothes.

Mrs. J. DeMan

#### BAKING POWDER

Mix ½ lb. cream tartar, ¼ lb. baking soda, ¼ lb. corn starch. Sift 12 times.

Mrs. C. H. Harry

### TO CLARIFY FAT

A careful cook seldom buys lard; she saves all the skimming from soup, all trimmings from steaks, and the dripping from roasts. Put the dripping to be clarified into a saucepan, set it over a moderate fire until all the fat is melted; then strain into a clean pan, and add to every 3 lbs. of this fat a pint of boiling water and ¼ teaspoonful of baking soda. Stand over a moderate fire and boil until the water has evaporated and the fat is clear. Skim, strain through a fine sieve into a tin kettle, and it is ready to use.

# FLEISHMAN'S YEAST will make you fit and keep you fit.

### TO SCALD MILK

Put the milk in a basin or farina boiler, stand it in a pan of boiling water over the fire, and as soon as the milk begins to steam it is scalded.

### TO BLANCH ALMONDS

Shell them, throw them into boiling water, and let stand on the back part of the stove 5 minutes; then throw them into cold water and rub them between the hands to remove the skins.

5

When peeling and slicing onions, hold the hands under water; or, on the tip end of the knife used for peeling stick a piece of raw potato about an inch square—this absorbs the onion fumes and protects the eyes. After peeling onions the smell may be taken from the hands by subbing them with celery.

After washing clothes, rub your hands with dry salt, then rinse in cold water and rub dry.

To make a sponge cake look more tempting, sprinkle the top with sugar before baking.

Adding water to omelettes instead of milk makes them much lighter.

Stale bread can be freshened by dipping quickly in and out of water and placing in the oven until heated through.

The flavor of cutlets is much improved if the breadcrumbs for rolling them in are mixed with a little pepper, salt and savory herb.

Celery can be kept for a week or longer by first rolling it up in brown paper, then in a towel, and keeping it in a dark, cool place. Before preparing for the table, place it in a pan of cold water for an hour. This will make it crisp and cool.

Potatoes are much improved if peeled and laid in cold water over night. It saves time in the morning, and they are whiter and nicer in consequence.

Old potatoes that darken after boiling can be improved a great deal by boiling them in half milk and half water. If one is short of milk, 1 cup will make a vast improvement.

If when making bread sauce the salt is omitted until finished, it will not turn yellow.

If meat is rubbed over with a little powdered borax it will keep perfectly sweet and fresh for several days in the hottest or dampest weather, without in any way destroying the flavor of the meat. This is a good hint for campers.

The way to soften eggs that have by mistake been boiled too long is to get a basin of cold water, put the eggs in and leave them for about half a minute, which will not only soften them, but improve the flavor.

Broiled tomatoes, sprinkled with a little cheese while cooking, are relished by many.

When boiling field peas, the addition of a teaspoonful of sugar will be found to make them almost the equal of "garden peas."

When cooking onions, place a pail of cold water at the kitchen door, which will prevent the smell from ascending.

To extract frost from potatoes: After paring, put them into cold water for an hour, boil them with a bit of saltpeter, and the sweet taste will be removed.

How to break eggs: In breaking eggs for custards, always take out the little white speck around the yolk. as it will prove very disagreeable to the taste and never cooks well.

Cleaning trays: Shake a little flour on them, then take a clean soft duster and rub lightly; you will then find it will remove all spots. etc.

Scaling fish: If you pour scalding water over fish you wish to dress, you will find that it will scale twice as easily. Dash the water on and do not let the fish stand in it a moment.

A fish bone in the throat: A raw egg (with the shell removed) swallowed immediately will carry a fish bone down that cannot be removed from the throat by the utmost exertion and has got out of reach of the finger.

To remove the disagreeable odor from the hands after peeling onions: Rub well a little freshly-mixed mustard over the hands and thoroughly rinse in clean cold water; all smell will then be removed.

When cooking greens or cauliflower always put a piece of stale bread crust in the saucepan, as it will take away all the unpleasant smell. Take out with a spoon before taking up the greens.

FLEISHMAN'S YEAST will make you fit and keep you fit.

To restore curdled mayonnaise sauce: Place about 4 large tab espoons of plain melted butter, which must be quite cold, in a round-bottom basin and gradually work in the curdled mayonnaise, when it will return to its proper consistency.

Rice: To be perfectly digestible, rice ought to be cooked in no more water than is necessary to swell it. Apples stewed with no more water than is necessary to steam them. Vegetables to be quite wholesome should be very well cooked, as this renders them more easy to digest.

Before using new enamelled cooking utensils, grease the inside with butter. This prevents the enamel from cracking and chipping afterwards.

A grand recipe for cleaning water bottles: Cut a lemon into small pieces, put it in the article to be cleaned, and shake with a little water for 1 minute, and it will become clear as crystal.

To keep milk sweet for several days, add a teaspoonful of fine salt to every quart of new milk.

To prevent fruit juice from running over in pies: When making fruit pies, sprinkle a little carbonate of soda over the fruit before the top crust is put on. This will prevent the juice from running over, which spoils both the look and taste of the best of pies.

Potatoes baked in their skins will always come out more dry and mealy if a small piece be cut off one end, to allow steam to escape in the cooking.

To open drain pipes: Mix washing soda with a little vinegar and pour down the drain pipe; this will dislodge any grease that may be clogging it.

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# SALT

Sale on the fingers when cleaning fowls, meat or fish, will prevent slipping.

Salt thrown on a coal fire when broiling steak will prevent blazing from the dripping fat.

Salt in water as a gargle will cure soreness of the throat.

Salt in water is the best thing to clean willow-ware and matting.

Salt thrown in the stove will put out a fire in the chimney.

Salt put on ink when freshly spilled on a carpet will help in removing the spot.

Salt in the oven under baking tins will prevent their scorching on the bottom.

Salt and vinegar will remove stains from discolored teacups.

Salt and soda are excellent for bee stings and spider bites.

Salt thrown on soot which has fallen on the carpet will prevent stain.

Salt in whitewash will make it stick.

Salt thrown into a coal fire which is low, will revive it.

Salt used in sweeping carpets keeps out moths.

# The Use of Kerosene and Ammonia

### KEROSENE-

Is a good counter irritant.

Will remove rust from bolts and bars.

Will remove fresh paint.

Will remove tar.

On a cloth will prevent flatirons from scorching.

Will clean brass, but it should be afterwards wiped with dry whiting.

### AMMONIA-

A solution of ammonia will clean sinks and drain pipes.

Take finger marks from paint.

In dish water, brightens silver.

In water, keeps flannels soft.

Is good in washing hair brushes.

Bleaches yellow flannels.

Brightens windows and mirrors.

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( a lady from york when with high committee,) mar no ge ile 2's Eury Flour 1/2 Cup Land ( Lone patter too if using in 16 But South Precen 4, teaspoon Sody 2 Lagran (white or to each) 2 Lagran (white or to each) brush traisen of wanted. Wainut Cherri 1 sup flows 1/2 cup butter Itisher xxx re wing sugar Trake in grunden fordsonte while the is bokens mia 2 egg., 1/2 enge dioun tope - baking solveder\_ 1 tope - baking solveder\_ 1 cup cocoamut. inke (an he iced & we like it with 15 to 1 cup of serown augus

Butter South leup Brown Sugar belles size walnuts 1/2 enpeurrants 1/2 enpertranut for the december ERAPE ELEPT & 15 / 18mm Dugar to experience /4 tags matrices the that name therefore were it for add-ordered drawn. The England France of them server & best the control and mis. H. Date Rein Emp Bigai / Cup wick 12 eup 1 alnubo 1/2 Dal 1/2 topoon rode I teast on Ky water the expertence let wish to min liste slowing.

Ragged Morris 3 cups corn Flakes 1 " shelled walnuts 3 egg whites perpublite sugar Reating whites stiffeed with walnut well drop from the man greated pan. Sep dishe Buns 1 Cup land 1/2 Cup white Sign alove + stortill creamy Dissolve 27 Heart cake in a norther bowl per les of salt stir well a Realen eggs. is Borne of lour sifted 3 times Heliour o then pour in land musting ster gently + add little Bake second dish & plant

Blen ster in bester eggs Lealen first before using 3 to tell all beaten well Turn out coma floured braral mot much flour,) Anead will. But of Chunks like good egg. Butter Hauf the distant well with pour 1/2" boiling water. I war water put comple of bowls our top + let stand 20 min. Den ston stone for 5 min.

Den med hot. Berte 29 min town lower 5 or 6 mily town with melted butter.

2 cups Rolled Oats 18 hortening 3 Brown Sugar 2 top garger 1 cup molasses 1 top soda in little for souter 1 top soda in little for souter 2 holasses Drop by desect Plum Pudding (Upton Children) 1 \* Raising chopped small spoon cloves einnamon 1 flour (3 eupo) 6 eggs

1 sugar (2 cupo) mick to make a stiff batter

1 sugar (2 cupo) mick to make a stiff batter

1 sugar (2 cupo) add a little roda "stopn. to the mick

1 sugar (2 cupo) 1 nutmen or orange ped molasses to color the pudding 1 nutmen sis cloth in boiling water Boil of hours of needs Sprinkly with flour + pudding in the with 2 springs + cut on when croked part time Steamed Rudding (mis-Roses 2 eggs (1)/2 enp sugar i cup mek 1'2 cups flow 2 teaspoons & Powder 3 tables poons metted butter Trease tim- put in fam if you work, then the setter + steam 1/2 an hour Sauce 1'2 tablespoons brown above together well +, add a tablespoon of flour + boil till thick enough.

tres Elapholo Formit Cake ( Good) 1# Butter 1# Seateh from Sugar 9 egge 3 cups flour (Save out 1/2 cup for funt) 2 toes poors & poruder 1# Buck Charries 1# Seded raisons Chapped 1/2# Sudless Raisins # Blanched almonds Split organily's tatlespoonalmontflavoring Cream Biller add Sigur add 2 & cups flour which has been sufted with B powder add 4 eggs one at a time add flavoring & molasses Beat 5, remaining eggs & add to misture add fruit last (little at a time) makes a cakes (q"deep hours ten +6") 2 layers B paper & butter was paper for last layer Cook about 3 14 hours in loven 3250 Startout in fast over to turn low allow 3/4 or 1/2" for heing. will madd a tablespan of the

Grape Junce 10# Grapes (2 baskets) 1 Cup mater 2 lls Sugar

Walnut Small

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